

Assignment 31 – Step 8 & 9

1. Re-read Big Book pages 76 to 83, identifying examples of specific amends, and also specific suggested attitudes and principles for making amends.
2. Continue to review your amends "scripts" with an experienced step guide
3. Pray to be guided in the Step Nine process.
4. Are you clear on what was the exact HARM? Have you prepared a script? Are you saying a 7th step prayer daily? Have you stopped doing the unhealthy behaviour? Are you clear in your heart on your purpose?
5. If you are ready, and can answer these CONSIDERATIONS it is time to make a BEGINNING. 😊
Hold yourself accountable to your Sponsor/Step Guide for your progress.
6. Keep working through your amends one by one until they are ALL done. YOU CAN DO IT.
REMEMBER the 4th dimension...rocketed! Your aim here is to repair the damage YOU have done - it is not to relieve your guilt or shame. This is the transformation! You are the change you have been looking for.
7. Optional – LISTEN
Podcast 46. Step 9 ([CLICK HERE](#))