

# ASHLEY HASEOTES

Welcome to the 12 steps for non-addicts! It is important in the shifting process to release negative energy. In these steps we let go of bad old habits and make amends to those we have hurt. Enjoy!

## **Step 8**

*“Referring to our list in Step 4, make a list of people we had hurt and became willing to make amends to them all”*

1. Make a list of all those that you have hurt. List the effect on them as individuals and on your relationship.
2. Take the list of people that you have harmed and make a list of possible amends for each one of them.
3. From the list of possible amends, choose the ones that seem most appropriate, and mark them according to level of difficulty.
4. What consequences do you fear in making amends? What is the worst thing that can happen? What is the best thing that can happen?
5. Do you feel angry towards any people on your amends list? If so, write them a letter on a small piece of paper. Don't send it to them instead roll it in honey and put it in the back of your freezer. Then pray for the willingness to forgive them. Trust us.

### Step 8 Conclusion:

Once you have completed your list, ask your Higher Power for the willingness to start making these amends.

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## **Step 9**

*“Made direct amends to everyone on our list, except when to do so would cause more harm”*

- There are some instances where it simply wouldn't be safe for us to approach someone on our list. In these instances, we ask our Higher Power to help us forgive this person. That is all.
- There are some people we have hurt where it is not appropriate to make amends to. Usually this involves exes and people who are unaware of what we did (stole, lied,

gossiped, cheated, etc.) In these instances we do what we call a “living amends”. If cheating was the harm, be a partner who is honest and faithful. If lying was the harm, tell the whole truth even when it is scary. Gossiping, don’t be a gossip! Even listening to gossip is partaking. If stealing was an issue, choose a charity that is somehow related to who/what you stole from. Make small monthly donations. Or however much you are able.

-Some people we owe amends to are no longer with us. In these cases, write a letter. Go to a quiet place. Read the letter to this person then release it.

1. From your list of amends, pick who you will start with. Identify your side only, leaving them out entirely. Concluding with the question, “have I left anything out?” Do this for everyone on your list. Write them down in your journal first.

2. Read your amends to a friend or your confidante. Ask them if you owned your part and were considerate about the other person? Did you get defensive in your apology? Did it sound sincere or defensive? Record in your journal what response they have about them.

3. Role play with your confidante or a friend anything that you plan to say when making amends. Record here how these practice sessions went and what you learned.

4. After you have had your first encounter with making amends, record what happened here. How did you feel about it? How did the other person respond? What have you learned from this? What would you do differently next time?

5. After you have done your first several encounters for making amends (for example, after 5 times of making amends), record your overall impressions here. Is there anything common? Has anything surprised you? Has anything disappointed you? How do you feel about the process and how has it affected you?

6. What amends do you have the most difficulty making? What do you need to do to be able to make these amends?

7. How has making amends affected your relationship with others?

8. How are you dealing with the feedback from others after making amends? How are you feeling? How are you dealing with the desire to defend yourself?

9. Write down any other amends that you found that you needed to make after starting the process of making amends.

Step 9 Conclusion:

10. How have you celebrated or honored the completion of making you amends?

<https://youtu.be/zwoomtra4og>