

STEP EIGHT

During the Week

As you experience tension with people this week or encounter difficulties in communicating, ask God to help you to see what your part in the problem might be.

Write in the **NOTES** section at the end of this week's Guide what you are learning about yourself through working Steps One through Seven.

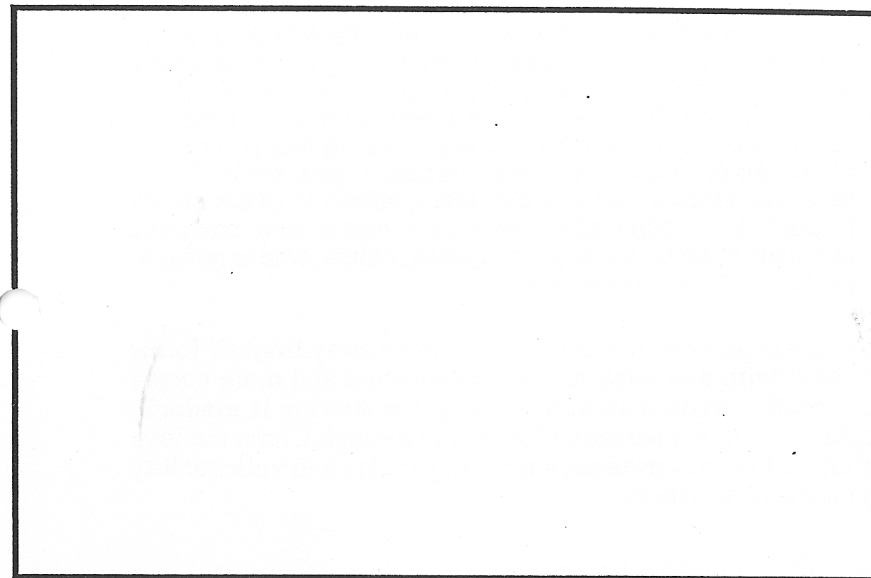
Take a few minutes right now to write down in the space provided several ways you may have *recently, unnecessarily* upset people....even if it was not your intention to do so. For example, you might write:

Bob: I tried to control him by telling him what he ought to do with his life. This advice implied that he was stupid if he did not do what I suggested.

or

Martha: I betrayed her confidence in me by gossiping and sharing confidential information about her to others.....even though she does not yet know I have done this.

STEP EIGHT



The Mask of Adequacy

- 1 For some of us, the need to maintain an image or mask of adequacy amongst other Christians can make it very difficult for us to take Steps Eight and Nine. It may, therefore, be helpful at this point to return briefly to the subject of toxic faith and religious addiction.
- 2 A common feature of the Christian life is our natural tendency to move further and further away from a healthy dependency on God and to replace God with an unhealthy dependency on rules, moral codes or the mood-altering experiences generated by religious behaviours. When we do this we become increasingly unaware of the protective, defensive dishonesty which begins to colour most of our behaviours and relationships. See *Hunger for Healing* page 135
- 3 This is **not** the way to grow spiritually. Every attempt at self-protection just drives us further and further away from God and keeps us from sharing the radical message of God's grace :