

STEP EIGHT

.....don't assume that you can lean back in the arms of your religion and take it easy, feeling smug because you're an insider to God's revelation, a connoisseur of the best things of God, informed on the latest doctrines! I have a special word of caution for you who are sure that you have it all together yourselves and, because you know God's revealed Word inside and out, feel qualified to guide others through their blind alleys and dark nights and confused emotions to God. While you're guiding others, who is going to guide you? Romans 2:17ff The Message.

4 In order to grow spiritually we must move away from all forms of toxic faith and religious self-justification and more deeply into **reality-as-it-is** so that our religious striving is gradually replaced with the person of Christ and through Christ the love of God. This means increasing our openness and vulnerability to God and to others.

Doing Step Eight

Steps Eight and Nine are concerned with personal relationships. First, we take a look backwards and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our new-found knowledge of ourselves, we may develop the best possible relations with every human being we know. Twelve and Twelve page 79

5 If our faith is in God we no longer need to fear being open and honest with others. *By doing Steps Eight and Nine we can begin to see ourselves, and how we run our lives by self-will, through the eyes of humility.* Hunger for Healing page 135

6 Our new-found ability to risk rejection by opening up to others with all that we are and *are not* then becomes a reliable indicator of our progress in recovery.

STEP EIGHT



**By surrendering control,
we gain a far greater power.**



- 7 In Step Seven we asked God to remove our shortcomings thereby making it clear that we are now ready to transfer the control of our lives to God. This was a continuation of Step One and Step Three but now in the specific area of our shortcomings, focusing on the harm we have caused others.
- 8 Step Eight is simply a continuation of our efforts to find freedom from our character defects by applying spiritual principles to our lives.
- 9 In Step Eight we make a list of the people we have harmed and become willing to make amends to them all.

".....Our purpose is to achieve freedom from the guilt that we have carried. We want to look the world in the eye with neither aggressiveness nor fear.

Are we willing to make a list of all persons we have harmed to clear away the fear and guilt that our past holds for us? Our experience tells us that we must become willing before this step will have any effect.

The Eighth Step is not easy; it demands a new kind of honesty about our relations with other people. The Eighth step starts the process of forgiveness: We forgive others; possibly we are forgiven (by them); and finally we forgive ourselves and learn how to live in the world. " Basic Text: Narcotics Anonymous page 36

- 10 We base our list on our Fourth Step inventory. But this time we are dealing with the much more difficult and emotionally charged problem of our relationship with other people (family, partner, friends, people at church or at work etc.).
- 11 Because so much of our tension, obsession, fear, disillusionment, anger, or worry is about specific people we put *their names* on a list.