

STEP EIGHT



" The list we made was often a long one, since we now realised that our defects had affected virtually every relationship we had ever had. Each one was examined carefully, even those going back into childhood.

.....Regardless of what they had done or failed to do, our own part in these relationships was riddled with dishonesty and manipulation of others with wilfulness and pride. We realised that we needed to forgive others for essentially the same qualities and deeds for which we ourselves were also seeking forgiveness. For our own sake, we had to extend to those we thought we hated the compassionate understanding we needed in order to experience forgiveness ourselves. We could not make our forgiveness of others conditional on their having redeemed themselves, or righted their wrongs. We had to forgive them because, like us, they were spiritually sick and afflicted, and presumably had not set out in life to be so. The Augustine Fellowship, Sex and Love Addicts Anonymous, Fellowship-Wide Services Inc., Boston 1986, pages 90 & 91

What Kind of Harm?

Harm can be defined practically as: *the results of instincts in collision, which cause physical, mental, emotional or spiritual damage to people.* It might be helpful, at this point, to review briefly what was said in the Step Four study guide about three of our basic needs or instincts:



our sexual instinct: relations that affect our manhood or womanhood with regard to sexual fulfilment;



our financial and emotional security: our need for sufficient money and the emotional security of a personal place in life and a meaningful or important "role" in society;



our social instinct: our need for close friendships and day to day companionship.

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- 13 Problems in our relationships usually occur within the context of these three areas as we try to run things our own way and on our own terms.

" While we don't cause others to act in a certain way (they always have a choice in how they react), still everything we do brings forth a response from those around us. If we are bad-tempered,, we can expect others to be angry, too. If we are dishonest, others will not trust us. In a thousand ways, we deprive people of emotional or economic security, peace of mind, even property. We can be controlling, neglectful, conniving, thieving, impatient, grandiose, or self-pitying. " Bill B. Compulsive Overeater, CompCare Publishers, 1981, page 97 & 98



Made a List

This is simple enough. To begin, write a few names in the space provided below. *Start with people you feel uncomfortable with.* Don't put *why* you find them difficult or anything else. Just make a list of names.....including the names of institutions you have had difficulty with (including churches). If you completed the Fourth Step **INVENTORY GUIDELINE** you will have a good idea of the "what, where, why and when". Now you are concentrating on the "who".....inclusive of individuals, families, institutions etc.