

StepSponsorDA

Free conference call back up number 701 779 9003; Access 741603# (the same) - in case you need another number for our call.

[These are pages from the 'GreenBack Book Study Guide to Existing D.A. Literature. 2019 edition']

Topic 14: Step 8 -- Getting It Written

Making the Step 8 List of Persons Harmed + Prayer

Step 8. Made a list of all persons we had harmed and became willing to make amends to them all.

READ Aloud Step 8: in the AA Big Book-Explanation: pg. 76:3

READ Aloud Together from DA Pamphlet "The 12 Steps of DA," Step 8

READ Aloud Together from DA Book *The Twelve Steps, Traditions and Twelve Concepts of Debtors Anonymous*, (a.k.a. "The DA Book" or "The 12x12x12," Step 8

As you make a list of persons harmed and become willing to make amends to them all, share what it is like to list the harms you fear you may never be able to face. What prayers are suggested? What helped you to become willing to make the challenging amends? Did you review your list with another DA member? Share what that was like.

STEP EIGHT begin amends list (remainder of p 76)

1. WHAT relationships do I have in my life that are not mended?
2. How do I find these on my 4th step inventory?
3. WHAT am I to do?
4. What is the Eighth Step PRAYER? p 76:3
5. WHY did I come to Debtors Anonymous?
6. TO whom do I owe money?

7. If I am unwilling to make amends in a situation or repay a debt, what am I to do?
8. **Reminder - if we are new to DA, we do not retire debt at this point in the study. We debtors take a moratorium on debt retirement until we have had at least 2 pressure relief meetings, which we will do later in the study.**

More About Step 8

- What opportunity am I afforded by taking steps 8 & 9?
- WHAT am I to include on this step 8 list?
- What is the first part of Step 8?
- What is the second part, the Eighth Step PRAYER? (Big Book p 76:3)
- What is not necessary to take step 8?

Read Aloud Together from the DA Book *The Twelve Steps, Twelve Traditions and Twelve Concepts of Debtors Anonymous*, STEP 8

ACTIONS

- FINISH the process of writing your fourth step columns, praying after each item as indicated.
- TO GET FINISHED, make a phone or face-to-face sacred appointment to do the writing together with a partner.
- NOW YOU ARE FINISHED WITH THE WRITING, call and make your appointment and give your 5th Step away.
- AFTER GIVING AWAY YOUR 5th STEP, take Steps 6 & 7 in prayer.
- MAKE YOUR 8th STEP AMENDS LIST.
- START WITH THE INDIVIDUALS AND INSTITUTIONS found on your Step 4 'Harms and Resentments' Inventory.
- ADD OTHER AMENDS to this list as they come up.
- PRAY FOR WILLINGNESS to make amends to them all.

ACTIONS carried over from previous sessions

- REVIEW the Action List from the previous session. Be current with that before going on to this week's Action List. *It is absolutely OK, really advisable, to pick up where you left off.*

PRAYER CARDS

- Get a pack of 3x5 index cards, if you have not done so already.
 - On individual 3x5 cards, put each of the 3 daily prayers; consider making several sets - one set for by the bed, one for your wallet, your desk, vanity mirror, car or other place you frequently look.
 - Add the resentment, fear and harms prayers to your prayer cards.
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- Add the 6th Step Prayer for willingness and the 7th step prayer for the character defects to be removed to your prayer cards.
- Add the Step 8 prayer for willingness to make amends to all persons harmed

DAILY

- One Day at a Time Abstain from New Unsecured Debt (consider setting a date for your last unsecured debt or your DA Birthday).
- Call a DA member. Ask for support maintaining your DA program work, especially 4th step writing.
- Read from a piece of DA or AA Literature.
- Answer the study questions as indicated.
- Keep a spending record as you spend.
- Every morning: Pray for willingness to work your DA program
 - Pray the Serenity Prayer
 - Pray BOTH the Third Step Prayers, AA's p 63 and DA's p 19
 - Pray the resentment, fear and harms prayers as needed, as they apply.
 - Pray the 6th Step Prayer for willingness
 - Pray both 7th step prayers for the character defects to be removed (AABB p 76:2; DA 2x12x12 p 33)
 - Pray these all through the day and consider carrying your prayer cards with you.
- Spend some time on the READINGS in this study each day as you can, at least 15-20 min or more. *Let whatever amount of time you have be good enough. Keep coming back.*

WEEKLY

- Attend at least one solution-oriented DA meeting - listen for the DA concepts.
- At your meeting, share only solutions and only if you have experience doing the work of the meeting topic. If you do not have a solution to share, listen for program-working. members of your meetings and ask for their phone numbers or email addresses.
- GET A DA sponsor or DA phone study partner.
- Ask for support maintaining your DA program work.

NEXT TOPIC: Topic 15: Making Amends Step 9

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

- READ ALOUD DA Pamphlet "The 12 Steps of DA": Step 9
 - READ ALOUD and DO Amends via AA Big Book pp 76-84
 - READ ALOUD (if time, or on your own with a partner) DA Book, *The 12 Steps, 12 Traditions, and 12 Concepts of Debtors Anonymous*, Step 9
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