EDA Big Book Step Workshop
Week 13 of 16
December 6, 2018
Founders/sponsors in the room

Sponsors on the phone
EDA Step Workshop Week 13
Step 9

Agenda

- Reflection on how Step Eight informs Step Nine
- Discuss EDA Big Book pages 182-184 to end of second bullet
- Together, we’ll read from the bottom of page 184 to the top of Page 186 (9th Step Promises)
- Ninth Step promises on page 185 come true as we emerge into full recovery; it is a process, not an event!
- Panel/Q&A
- Commit to Step 9 together
- Review Assignments for Next Week
Step Nine – Made direct amends

EDA Big Book Page 182—184

Reflections

◦ “After counsel with a sponsor, or an EDA (or other Twelve-Step group) member who has worked the Twelve Steps, we went to the people we had injured and admitted our fault and regret. Our statements were simple, sincere, and without blame. We set right the wrongs as best we could and expected nothing in return. Accountability set us free.” Pg. 182

◦ We must be willing to go to any length to set right the wrongs p. 182

◦ Be sure to review plans with someone who has a better perspective—a sponsor, counselor, or others in recovery

Review worksheet page 30
Step Nine – Made direct amends

EDA Big Book Pages 182—184

We should also review our plans for restitution to those who might be unduly affected p. 183

We must not take any kind of arrogant attitude when we approach people we have hurt p. 183

We do not discuss our new perspective, our success so far, or anything that might unduly irk—or further injure—anyone else p. 183

Review worksheet page 30
Step Nine – Made direct amends

- When making amends... Pp. 182-183
  - We briefly explain what we are trying to do and why, no matter how vulnerable this may make us feel
  - We state what we did and we apologize. We ask if we have hurt them in some other way we did not bring up
  - *We make no mention whatsoever of anything the other person said or did*
  - We state what we would like to do to repair damages we caused. Although we cannot expect to get it, we ask forgiveness from the person we harmed
  - We ask if there is anything else that we can do to make amends and listen carefully to the response
  - We try to agree with any terms suggested, unless others must first be consulted
  - We thank the person for taking time to talk with us and we take our leave

Review worksheet page 30
We can have no expectations of the other people involved. Although usually the results are heartwarming and restorative of our trust in others, this may not always be the case.

Some people to whom we wish to apologize may not accept our apologies or our amends. Others may not forgive us. It does not matter, so long as we have made every effort to do our part.

We can have no expectations about how we ourselves will respond to the act of making amends. We are likely to feel vulnerable and exposed and can expect to experience rejection, remorse, and pain. We must not, however, shirk from our job.

We need to demonstrate to ourselves and to the world the sincerity of our stance.

With Step Nine, we reestablish integrity and build a foundation for trust.

Review worksheet page 30
Experience with Step Nine

Panel discussion

Our humble admission of errors, and follow-through on commitments to right the wrongs, re-establishes our integrity and builds a foundation for trust Pg. 184
It may be important to point out that the 9th Step Promises usually come to pass *after we are halfway through* our 9th Step amends*

The good news is that the hard work of establishing our new foundation is mostly complete!

The benefits, and all of the promises, come from *continuous reliance on the foundation we have put in place*

* Due to the toll of guilt and shame, some people may not experience significant relief until they have completed all possible amends
Panelists address Q&A

- I stole a car from my abuser. What should I do about that?
- My parents never mentioned my eating disorder. I suspect they know about it, but I think they would be shocked and upset if I told them and I don’t see the point. My sponsor was firm that I need to make amends to them, but I don’t want to put them through this. Does it help to explain myself before I launch into my amends? I worried them for plenty of other reasons. Not sure this adds anything except misery to the mix!
- I’ve lied to my spouse about what I’ve done with my time and money. It would hurt him a great deal if he knew. Do I need to tell him everything?
- What the heck are “living amends?” Does this mean I am never done with them? Does it mean I don’t have to talk about them with the intended recipients?
- I stole... a lot. If I were to pay it all back, it would definitely hurt my current family. They know about my past behavior but have discouraged me from repaying what I owe. They do need the money: I have young kids. Do you have any guidance for me?
- I judge people ALL THE TIME. It affects how I see them. It affects how I treat them. What am I supposed to do about all these people I’ve treated unfairly over the years?
Assignments for next week:

- Make a list of amends you can make in the next two weeks, and get started.
- Step 10 Prep: Read EDA Big Book page 186 to halfway through 192, page 498, and pages 517-521.
EDA Step Workshop Week 13
Thank you all for being here!