

Al Kohallek Goes On A Forty-Day Serendipity Journey

DAY 25 - Today is _____

When you start your daily practice you may ask your Higher Power – “Cause me to have all the honesty, willingness and open-mindedness I may need here and now. I ask for the guidance, love and wisdom that I need to work through this process and gain the most I can at this time. I am as willing as I can be to set aside everything I even think I know about this area, this way of life so that my chances for an open-mind and to be teachable are better so that I may realize Your Three Spiritual Gifts: Awakening to You, to be the love I am and to be the individual You created me as. Thank You.”

INDEX FOR THIS DAY’S ACTION – STEP EIGHT

**STEP EIGHT - (BROTHERLY LOVE, WILLINGNESS TO FORGIVE)
MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.**

1. Workbook assignment - Underline those things that were most useful for you and follow suggestions on pages - Eight Step assignments – take separate sheets of paper or use the backs of the preceding pages to write out your three lists. Just follow the examples on pages 92 - 93
2. Today’s reading assignment from Alcoholics Anonymous is page 76 – 84 reading time 15 minute.
3. List the most important ideas you can relate to, identify with as a result of today’s reading. How do these ideas directly relate to the area you are currently working this Forty Day Commitment? Give examples.

4. Today’s reading assignment from Twelve Steps and Twelve Traditions is Step Eight - Average reading time 11 minutes
5. List the most important ideas you realized as a result of today’s reading, the chapter on Step Eight in Twelve Steps and Twelve Traditions. How do these ideas directly relate to the area you are currently working this Forty Day Commitment? Give examples.

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Lou-is: Step Eight is another one of our Steps that in principle is so very simple. It is the preparation for an all-important action, Step Nine. Like most things, we will do a much better job if we are prepared to do so.

Al: So far every time you have made a point of just how simple something is going to be, you “suggest” a lot of additional work. I already have my list (Step Eight Worksheet, p52).

Lou-is: The Step Eight Worksheet you filled in as you worked through your first Seven Steps is indeed a very good start on this Step. I remembered some additional harms done while focusing on Steps Five, Six, and Seven, when I was working on my patterns. Once I accepted the fact I had been driven by my habit patterns, names of others I had harmed by expressing the same pattern came to mind.

Al: What you call a very good start most people in the Program call a very good finish.

Lou-is: You’re right, but most of us settle for too little, for far too long. If we do the best we can on the current Step, it makes the next Step easier, and better. I remind you, these are Steps not an escalator. We cannot stop on Step One and ride to the top.

We suggest you make your list of those you had harmed in three (3) groups: First list those you harmed and to whom you are ready, willing and able to make these amends. The second list is made up of those harmed whom you are willing to make your amends to but unable to at this time. The third group is the people harmed but you are unwilling to make amends to them. Also we have included a format to help us with our forgiveness. Have you ever noticed a lot of those we harmed were those whom we had not forgiven?

Now we are ready for your Step Eight Worksheet, p.52 (one of the take out worksheets) It should have the names of those you harmed and the harm done.

[1] This first group is for those you are ready, willing, and able to make amends to now. On a separate sheet of paper use the following format. We suggest that you go over your plan of action with your sponsor or someone who has done some of their amends after you finished writing each group, before you set out on your Step Nine adventures.

Example for group number [1]

Name of the one you harmed. *Sam M.*

What you did or did not do to cause the harm.

I thought that Sam had been bad mouthing me – so I started telling a bunch of lies about him and it turned out that my information was wrong. Sam had not said anything about me good or bad.

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How will you go about making this amend? Write down your plan of action for each amends.

I had burned Sam with George, Mary, Sally and John so I am going to each of them and tell them I was really wrong and I should not have ever said anything about Sam. And if they ever hear me talk like that again about anyone tell me to take my own inventory. I am going to these people instead of Sam because that is where the "crime" took place. It is no need to hurt Sam when he didn't even know I had said anything bad. I am ready, willing and able to make this amend. Now I need to talk to my sponsor, Lou-is. I may have missed something so I want Lou-is to look this over, if he says it's ok the way I am intending, I will make an appointment with these four people and make my amends ASAP.

[2] This group consists of those you are willing to make amends to but unable to for some reason at this time. After you finished writing this list share your thoughts and feelings about these amends with the person that is helping you work this Step. Ask yourself; are my reasons valid or am I just fooling myself out of fear or some other form of resistance? For example, you may owe a great deal of money and you don't have it. You can at least talk to these people and come up with some plan of action. In other words do all you can to upgrade this group to group one.

Example for group number [2]

Name of the one you harmed. ***Mary Brown***

What you did or did not do to cause the harm.

I had an auto accident with Mary Brown – I got her name and address and told her I was going to take care of her car. I lied to her about my address and phone number so she could not get contact me, so I never paid her.

State why you are unable to make this amend now. Seek out someone to help you.

I went by her home address and she had moved away and left no forwarding address. The landlord did not have any information that checked out. I am ready and willing but unable to find her. What shall I do?

[3] In this group are the ones you are resisting or saying "no never". Our Higher Power could help if asked. We shall never be free holding on to the past. Pray for the willingness to take care of these amends. Put these people on a prayer "hit list." Pray for this person five times a day (upon awakening, mid morning, noon, mid afternoon and before you go to sleep), for two weeks or whatever time it takes for you to experience that you have let it go. Do all you can to upgrade this group to group one or two.

Example for group number [3]

Name of the one you harmed. ***Pete Duellittle, my ex-partner***

What you did or did not do to cause the harm.

I co-mingled my money and company money and never paid it back when we dissolved the partnership. I do not intend to ever talk to him much less give him any money. He jacked me around on another deal. I should have known better than partner-up with him in the first place.

State the form of the resistance and/or why you are unwilling or unable to make this amend.

Pete has a lot more money than I do; he does not need my little co-mingled money. I hate him and the horse he came in on. I would give a \$100 not to even hear his name.

1. ...Eight Step assignments – take separate sheets of paper or use the backs of the preceding pages and fill in all of your amends to be made on the Three Amends List. Just follow the examples 1, 2 and 3 on pages 92 – 93.