

Step Eight

Eighth Step Prayer

Higher Power,

I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes & be forgiving to others as You are forgiving to me.

Grant me the willingness to begin my restitution. This I pray. Amen.

We Do Together:

- Continue reading chapter "Into Action."
- Make a list of people harmed – divide them into NOW, LATER, MAYBE, and (possibly) NEVER.
- Discuss the core principle of Step Eight: *Forgiveness*.
- Review Emmet Fox's "[Forgiveness Prescription](#)" and use if you find it helpful.

Daily Work:

- Prayer (and/or meditation, spiritual study, etc.) at least twice a day.
- Recommend continue using 3rd and 7th step prayers.
- Continue sending gratitude lists.
- Read the *Twenty-Four Hours a Day* book (in the morning, if possible).
- Read some of a spiritual book *in addition* whatever your religion, or you, decree a Holy or spiritual text.

Step Eight Work:

- Again, make a list of people harmed from your inventory – divide them into NOW, LATER, MAYBE, and (possibly) NEVER. This is *not* your final list, this is a preparatory list that *may* change that you will be praying and meditating about.
- *Start working on forgiveness, particularly for those you need to make amends to.* Prayer, meditation, reading about the subject – any combination of what works best. Emmet Fox's [technique](#) is recommended, or the technique outlined in the *Big Book* story "[Freedom from Bondage](#)"
- Read the *Twelve Steps and Twelve Traditions* chapter on Step Eight to review together.
- Read the Eighth Step chapter in *The Steps We Took*.
- Read at least one of the stories from the *Big Book*.

YOU CAN DO IT ☺

Recovery Resources for Women: www.xyZrecovery.com