

CZR Step Study

Step Nine – Week 1 of 3

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

Essential

Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

- Read *COSA Step Nine: Working the COSA Ninth Step* booklet/chapter up to the Voices. See Step Study Resources on the [COSA Zoom Room](#) website for ordering information.
- Read *Step Nine Overview*. See Step Study→Step Nine→Step Nine Worksheets→*Step Nine Overview* page 1 on the [COSA Zoom Room](#) website.
- Spend some time each day thinking about/meditating on the words of Step Nine. After several days of meditation, pick one word that stands out to you, and write about that word (any length, any style of writing).¹

Forever Essential Assignments

It is important, for our own recovery, for us to attend meetings and contact other COSAs. It is recommended for the entire year-long step study. It helps us embrace the “we” part of our fellowship.

- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

Recommended

Amends vs. Apology² Presentation

- Read the *Amends vs. Apology Presentation*. See Step Study→ Step Nine→*Amends vs. Apology Presentation* on the [COSA Zoom Room](#) website for the PDF.

¹ South Bay Step Group by Amy MJ and Brian T

² Stepping Into Recovery Step Study

Optional

Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

CZR Step Study

Step Nine – Week 2 of 3

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

Essential

Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

- Choose at least three readings from the COSA Voices in the *COSA Step Nine: Working the COSA Ninth Step* booklet/chapter.
- Read *Step Nine: Amends Homework*³. See Step Study→Step Nine→Step Nine Worksheets→ *Step Nine: Amends Homework* pages 2–3 on the [COSA Zoom Room](#) website.

Forever Essential Assignments

It is important, for our own recovery, for us to attend meetings and contact other COSAs. It is recommended for the entire year-long step study. It helps us embrace the “we” part of our fellowship.

- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

Recommended

- Read and annotate. *Drop the Rock - The Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day* – pages 1–14 from “Welcome to the Voyage of Recovery. You may... through...steadily healing.” See Step Study Resources on the [COSA Zoom Room](#) website for ordering information.
- Based on the above reading, come prepared to share what was important to you and areas you recognize need to change in your own life based on the assigned reading.
- Read and Highlight [Chapter 6](#) from the *Big Book* | Alcoholics Anonymous pp. 76–84 from “Now we need more action...” through “...They will always materialize if we work for them. Steps Eight and Nine are combined in the *Big Book* | *Alcoholics Anonymous* if you did this assignment in Step Eight, review those highlights.

³ South Bay Step Group by Amy MJ and Brian T

Optional

- Create your own Promises using *The Promises Worksheet*. See Step Study→Step Nine→Step Nine Worksheets→*The Promises Worksheet* pages 4–5 on the [COSA Zoom Room](#) website.

Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

CZR Step Study

Step Nine – Week 3 of 3

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

Essential

Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

- Choose at least three questions to answer from the *COSA Step Nine: Working the COSA Ninth Step* booklet/chapter. The questions follow the COSA Voices. Remember, the ones that you want to skip are likely ones that you need to answer.
- Read *Step Nine Amends to Yourself*⁴. See Step Study→Step Nine→Step Nine Worksheets→ *Step Nine Amends to Yourself* page 6 on the [COSA Zoom Room](#) website.

Forever Essential Assignments

It is important, for our own recovery, for us to attend meetings and contact other COSAs. It is recommended for the entire year-long step study. It helps us embrace the “we” part of our fellowship.

- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

Recommended

- Please read and annotate. *Drop the Rock--The Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day* – pages 15–21 from “Even though Steps Six... through ...I call the Ripple Effect.”
- Based on the above reading, come prepared to share what was important to you and areas you recognize need to change in your own life based on the assigned reading.

⁴ Walk in the Light Step Study

Story In Three Sentences.⁵ For instructions, see Step Study→Step One on the [COSA Zoom Room](#) website for the PDF.

- Sentence 1: The Story – Write out (in one sentence) your story/process of making amends.
- Sentence 2: Write out (in one sentence) what you did that you wish you had either not done or done differently.
- Sentence 3: Write out what would have been a better choice and/or choose to do in the future when that situation repeats itself.

Example:

- **The Story:** *For years, I set boundaries for my husband, such as, “For me to stay in this relationship, I need you to x, y, z.”*
- **What do you wish you had either not done or done differently?** *I wish I had made a real boundary for myself rather than trying to control his unhealthy behavior.*
- **What would have been a better choice?** *I would choose to: 1) look at myself and decide what I needed; 2) state that clearly; 3) be willing to follow through with the boundary, such as “For me to feel safe, I need mutual x, y, z.”*

Optional

- Begin a discussion regarding the possibility of joining with others in your group as leaders of this study next year, recognizing that it will not only be a way to implement your Twelfth Step but will also deepen your own growth.

Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

⁵ Dennis F - [website](#)