

CZR Step Study

Step Eight– Week 1 of 3

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

Essential

Before We Begin — The Set-Aside Prayer

God, please help me 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.¹

Please read:

1. Read and complete *Step Eight Worksheet Overview—Worksheet 1, page 1*. See Step Study→Step Eight→[Step Eight Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.
2. Spend some time each day thinking about/meditating on the words of Step Eight. After several days of meditation, pick one word that stands out to you, and write about that word (any length, any style of writing).²
3. Read *COSA Step Eight: Working the COSA Eighth Step* booklet/chapter up to the Voices. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.

Forever Essential Assignments

For our recovery, attending meetings and contacting other COSAs is important. 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

4. Watch: Doug Weiss —  [Partners of Sex Addicts: Step Eight of the Twelve Steps | Dr. Doug Weiss](#)

¹ Adapted from Herb K's [Way of Life](#) document

² South Bay Step Group by Amy MJ and Brian T

Optional

Forever Optional Assignments

- For more information on each step, read the *COSA Balance* newsletter. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
- 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 8 – Week 2 of 3

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

Essential

Before We Begin — The Set-Aside Prayer

God, please help me 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.³

1. Read and complete *Step Eight Worksheet Overview Continued—Worksheet 1, page 2*. See Step Study→Step Eight→[Step Eight Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.
2. After watching [“The Healer Within for the Child Within”](#) meditation, describe your images, thoughts, and feelings during and after listening.⁴
3. Choose at least three readings from the COSA Voices in the *COSA Step Eight: Working the COSA Eighth Step* booklet/chapter.

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Recommended

4. 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.” Note: Steps Eight and Nine are combined in the *Big Book | Alcoholics Anonymous*.

³ Adapted from Herb K’s [Way of Life](#) document

⁴ The Gentle Path Through the Twelve Steps by Patrick Carnes

Optional

Forever Optional Assignments

- For more information on each step, read the *COSA Balance* newsletter. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
- 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 8 – Week 3 of 3

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

Essential

Before We Begin — The Set-Aside Prayer

God, please help me 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.⁵

1. Finish writing your Step Eight list. *COSA Step Eight Table—Worksheet 2, page 3*. See Step Study→Step Eight→[Step Eight Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.
2. Complete *COSA Step Eight Table Continued—Worksheet 2, page 4*. See Step Study→Step Eight→[Step Eight Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.
3. Continue to pray for willingness.
4. Choose at least three questions to answer from the *COSA Step Eight: Working the COSA Eighth 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.

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Recommended

5. **Story In Three Sentences.**⁶ For instructions, see Step Study→Step One→[Story In Three Sentences Presentation](#) on the [COSA Zoom Room](#) website for the PDF.
 - a. Sentence 1: The Story – Write out (in one sentence) your process of making a list and becoming willing to make amends.
 - b. Sentence 2: Write out (in one sentence) what you did that you wish you had either not done or done differently.

⁵ Adapted from Herb K's [Way of Life](#) document

⁶ Adapted from Dennis F - [website](#)

- c. Sentence 3: Write out what would have been a better choice and/or what I would choose to do when that situation repeats itself.

Example:

- a. **The Story:** *Sometimes, I was unwilling to spend money on the things my husband considered vital to his life.*
- b. **What do you wish you had either not done or done differently?** *I wish I had been more willing to discuss financial differences and fully understand that my basic flaw of “arrogance” flares, especially regarding financial issues. (I am indeed better with finances than he, but we all have the “wants” in our life that make it more enjoyable, and I sometimes considered the bank balance to be of more importance than his desired “toy.”)*
- c. **What would have been a better choice?** *I would have chosen to have presented/created together a financial plan/budget that would have satisfied his desires for whatever “toy” it was that would have allowed both of us to come away winners - eventually.*

Optional

Forever Optional Assignments

- For more information on each step, read the COSA *Balance* newsletter. For information on ordering, see Step Study → [Resources](#) on the [COSA Zoom Room](#) website.
- 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.