

# 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 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.<sup>1</sup>

1. Read *COSA Step Nine: Working the COSA Ninth Step* booklet/chapter up to the Voices. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
2. Read *Step Nine Overview* Worksheet 1, page 1. See Step Study→Step Nine→[Step Nine Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.
3. 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).<sup>2</sup>

#### 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

#### Amends vs. Apology<sup>3</sup> Presentation

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

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

<sup>2</sup> South Bay Step Group by Amy MJ and Brian T

<sup>3</sup> Stepping Into Recovery Step Study

# 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 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 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.<sup>4</sup>

5. Choose at least three readings from the COSA Voices in the *COSA Step Nine: Working the COSA Ninth Step* booklet/chapter.
6. Read *Step Nine: Amends Homework*<sup>5</sup> Worksheet 2, pages 2–3. See Step Study→Step Nine→[Step Nine Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.

#### 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

7. Read and annotate. *Drop the Rock - The Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day* – pages xi–14 from “If you’re like me... through...steadily healing.” For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
8. 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.
9. 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.

<sup>4</sup> Adapted from Herb K’s [Way of Life](#) document

<sup>5</sup> South Bay Step Group by Amy MJ and Brian T

## Optional

10. Create your own Promises using *The Promises Worksheet Worksheet 3, pages 4–5*. See Step Study→Step Nine→[Step Nine Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.

### 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 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 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.<sup>6</sup>

1. 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.
2. Read and answer the questions in *Step Nine, Amends to Yourself*<sup>7</sup> Worksheet 4, page 6. See Step Study→Step Nine→[Step Nine Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.

#### 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

3. 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.”
4. 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.

<sup>6</sup> Adapted from Herb K’s [Way of Life](#) document

<sup>7</sup> Walk in the Light Step Study

5. **Story In Three Sentences.**<sup>8</sup> For instructions, see Step Study→Step One→[Story In Three Sentences Presentation](#) 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 what I would choose to do 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

6. 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

- 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.

<sup>8</sup> Adapted from Dennis F - [website](#)