

## **Faulty relationships are the cause of our woes...**

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

There is that word willingness again. I had to be willing to admit complete defeat. I had to become willing to believe in a power greater than me that would solve all my problems. I had to become willing to believe that I caused all my problems and then become willing to take a searching and fearless moral inventory of myself. I had to be willing to talk honestly about myself to another human being for the first time. I had to be willing to have a right relationship with god and keep myself right sized. Now I have to want good relations with others and be willing to look at how I caused faulty relationships.

The 12 x 12 tells me that defective relations have "...nearly always been the cause of our woes, including our alcoholism." Determining what it was about me that caused my relationships to be defective will allow me to do things differently and establish good relations with others. I had to put my name on top of the list and look at how I harmed myself.

This is the key to finding all "...the deep emotional conflicts..." that warped my social instinct. How did I harm myself? It was whenever my sloth kept me from putting out 100% effort. It was whenever my insecurity about being able to be successful in honest work caused me to steal. It was whenever my inability to accept the truth caused me to lie. Whenever I got so angry I lashed out at others. When I asked why I behaved like that I found the root causes.

I did these things because of my thoughts that I was unlovable, couldn't be effective at accomplishing things, couldn't trust anybody, did not want to take responsibility and be held accountable. These are "fundamental difficulties" that caused my alcoholism and all other anti-social behavior. This is a great benefit of step eight but next I have to look at how my character defects caused harm to others.

Look at the list of persons and with each one look to see the physical, mental, emotional or spiritual harm done. Then look to see which of my character defects caused my behavior in each case. Never look at their behavior. "They deserved it" was a way of not looking at me that I cannot afford to indulge in.

Again, the point here is to establish good relations with myself and others. So I have to forgive myself all my transgressions and be willing to forgive others for any perceived wrongs against me. I look to see how I am the problem, not them. With my newfound desire to be of service to others as a reason for being, I feel some regret and shame for my behavior. I actually find it desirable to want to find these people (for the most part) and make things right with them.

This is what step eight is all about. I have a desire to live in peace with people, to be able to look them in the eye and no longer want to be on alert or try to hide when I come across certain people. Step eight shows me in real life personal examples how not to live and creates in me a desire to make it up to people I have harmed as a stepping stone to freedom.

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