

Western Counselling – Steps 8-12

Step Eight: We make an honest list of people we have harmed through our addiction, and becoming willing to make up for those past behaviours.

Step Nine: We make amends to people we have harmed through our drinking or addiction, unless to do so would cause further harm.

Step Ten: On a regular basis, we should examine our motives and behaviour and ensure that they are acceptable. If they are not, then they must be changed.

Step Eleven: We take time to reflect on the way forward, and to develop meditative thought in order to allow spiritual development.

Step Twelve: Now that recovery is well under way, we need to maintain that recovery through helping others to do the same, and by following the recovery principles in every situation.