

CoDA-Tulsa – Melody Beattie “Codependents Guide to the 12 Steps”

STEP 9 – Exercise 1

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

1. Have you made direct amends to other people yet? How did this feel?

What direct amends have you made?

How did it feel?

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STEP 9 – Exercise 2

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2. If you are ready, set some amends goals. For instance, name the people to whom you would like to make amends. Set a reasonable deadline and a goal for apologizing, wherever that is appropriate. Be as specific or as general as you want. You may want to make your goal “to become aware of the people I owe apologies to, then make those amends.” Or you may have a list of name and incidents and want to set a deadline for talking to these people.

Who do you want to make amends to?

1.

Deadline

2.

Deadline

3.

Deadline

4.

Deadline

5.

Deadline

6.

Deadline

7.

Deadline

8.

Deadline

Other amends goals:

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STEP 9 – Exercise 3

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

3. What is the relationship that is bothering you the most right now? What do you need to do to take care of yourself in that relationship? What would you say if you were free to be entirely honest with that person about your behaviors, your feelings, and what you wanted or needed? How have you discounted yourself or not owned your power in that relationship? How have you discounted or devalued the other person?

Relationship that bothers you most?

What do you need to do to take care of yourself in that relationship?

What would you say if you were entirely honest about what you needed and wanted?

How have you discounted yourself or devalued the other person? How?

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STEP 9 – Exercise 4

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4. What is the biggest guilt you have right now? Using the steps as a formula, how can you deal with that, so you can be done with the guilt?

Biggest Guilt?

What can you do to be done with that guilt?

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STEP 9 – Exercise 5

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5. For any amends you have made, write a self-forgiveness affirmation that helps you let go of guilt. A sample affirmation might read: *I love and accept myself. I have taken responsibility for my behavior with _____, and I am not free to let the past go.* We can also write a similar affirmation about forgiving others: *I have dealt with my feelings toward _____, and I have forgiven him or her. I have let go of my feelings toward him or her, and I allow peace and love to settle into our relationship.*

Affirmation

Affirmation

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STEP 9 – Exercise 6

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6. Explore the concepts of your inner child. Draw a picture with your non-dominant hand to allow the inner child to express itself. You can also write a letter with your non-dominant hand. Ask the child what it is really feeling, fearing, wanting, needing, or worrying about.

Non-dominant hand picture or letter



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STEP 9 – Exercise 7

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7. As you continue to explore the concepts of your inner child. Draw a picture with your DOMINANT hand showing how you would like the problem to be resolved or how you would like to be feeling. Write a letter to that child supporting, comforting, and protecting the child. In your picture and letter, assure the child within that all will be well.

Dominant hand picture



Dominant hand letter

