

Questions for Tuesday Night Step Study:

1. How have I failed to respect the property of others?
2. In what areas have I unintentionally harmed others with my words, moods, self-pity, depression, anger, or fears?
3. Have I been putting off making a list because I am afraid of some responses? Whose?
4. How have I allowed isolation due to shame and guilt to keep me from supportive relationships?
5. Are there people on my list that I am having trouble forgiving for *their* part in our relationship? Who and why?
6. Have I been so afraid of rejection that I have delayed willingness to make amends? Who could reject me and why?
7. What "crop" did I sow while practicing my addiction?

Making Restitution - Exodus 22:10-15

1. Have I been so harmed or condemned by others that I have avoided responsibility for myself? By whom and how?
2. What excuses have I used for not looking at my behaviors?

Unintentional Sins - Leviticus 4:1-28

1. In what ways have I acted thoughtlessly without regard for others' needs or feelings? To whom?

Scapegoat - Leviticus 16:20-22

1. Have I held on to shame about a certain incident or relationship? What am I willing to do to let go so that I can become willing to make amends?
2. Is there someone I am having trouble forgiving who blocks my willingness? Who?

Overcoming Loneliness - Ecclesiastes 4:9-12

1. What is the role of shame and guilt in my isolation?
2. Am I willing to forgive myself for the hurt I have caused others? Write a prayer of willingness to forgive and ask for God's grace to heal these relationships.

Forgiven to Forgive - Matthew 18:23-35

1. What keeps me from letting others off the hook? Fear? Resentment? Caretaking?
2. What blocks me from forgiving others for the wrongs done to me?
 - Fear of what others would think of me? (Pride)
 - Fear of letting others see my hurts?
 - Fear of conflict? Protecting others' feelings to avoid conflict?

The Fruit of Forgiveness - 2 Corinthians 2:5-8

1. Is there anyone on my list of whose behavior I do not approve? Who? Why?
2. Am I willing to let go of judgment and disapproval to open myself to working this step?

Reaping Goodness - Galatians 6:7-10

1. Describe the correlation between healthy living and acceptance of the consequences for my addiction/ behavior.