



Friends and family of people who are substance dependent often get hurt as a result of the substance abuse. People who are substance dependent often cannot take care of themselves and certainly cannot take care of others.

As part of your recovery, you should think about whom you have hurt. You should also think about whether you need to do anything to repair the relationships that are most important to you. In 12-Step programs this process is called "making amends."

**What are some of the past behaviors you might want to amend?**

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**Are there things you neglected to do or say when you were using that should be addressed now?** \_\_\_\_\_

**How are you planning to make amends?** \_\_\_\_\_

**Do you feel that being in recovery and stopping the use of drugs is enough?**

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Making amends does not have to be complicated. Acknowledging the hurt you caused while you were using substances will probably help reduce conflict in your relationships. Not everyone will be ready to forgive you, but an important part of this process is beginning to forgive yourself. Another aspect of repairing relationships involves your forgiving others for things that they did when you were using substances.

**Whom do you need to forgive?** \_\_\_\_\_

**What resentments do you need to let go of?** \_\_\_\_\_

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# The Serenity Prayer and the 12 Steps of Alcoholics Anonymous

## The Serenity Prayer

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

## The 12 Steps of Alcoholics Anonymous\*

**1** We admitted that we were powerless over alcohol—that our lives had become unmanageable.

**2** Came to believe that a Power greater than ourselves could restore us to sanity.

**3** Made a decision to turn our will and our lives over to the care of God as we understood Him.

**4** Made a searching and fearless moral inventory of ourselves.

**5** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

**6** Were entirely ready to have God remove all these defects of character.

**7** Humbly asked Him to remove our shortcomings.

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

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

**10** Continued to take personal inventory, and when we were wrong, promptly admitted it.

**11** Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

**12** Having had a spiritual awakening as a result of the steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

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# Serenity Prayer

God grant me the serenity to accept the things  
 I cannot change,  
 The courage  
 to change the things I can,  
 And the wisdom  
 to know the difference.



What does this saying mean to you? \_\_\_\_\_  
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How can you find meaning in this saying, even if you are not religious or don't believe in God? \_\_\_\_\_  
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What parts of your life or yourself do you know you cannot change? \_\_\_\_\_  
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What have you changed already? \_\_\_\_\_  
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What parts of your life or yourself do you need to change? \_\_\_\_\_  
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