

Used March

Curly

Many addicts suffer from guilt
some time in their sobriety from
past experiences of what the
way they treated people or themselves
in their addiction. sooner or
later the guilt begins to eat
away at the persons conscience
it's work is to help to be involved
in the twelve steps and traditions
which are basic lines to a better
sobriety and live in good place
to get work to the 11th step
with a personal inventory
of guilt those you have hurt
one way or another in
your past this would believe
some of the best because
you would have admitted
to the fact that you have
caused a lot of pain to

560
man

or that I during your life another
way to help believe the best would be to
do the 5th step which is making
amends to those you have hurt
whether by apologues or by
admitting a mistake under standing
of your motives at that time
and the ones you have now
making amends are important
to many people because it shows
that you are willing to make
away of your old habits and
start anew the best that
you can