

2. - In the table below list those you have harmed that you **ARE** willing to make direct amends to.

Persons Name	Persons Name

3. - In the table below list those you have harmed that you **ARE NOT** willing to make direct amends to.

Persons Name	Persons Name

4. – Discuss this entire worksheet with your sponsor.

5. – Write a prayer of thanks to your Higher Power for the gift of WILLINGNESS to make direct amends the people listed in table 2.

6. – Write a prayer to your Higher Power asking for the gift of WILLINGNESS to make direct amends the people listed in table 3.