## 8<sup>th</sup> Step Worksheet

## Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

1. - In the table below list who you have harmed, and how they were harmed by your behaviors.

**TIP:** The list from your 4<sup>th</sup> step inventory is very useful to help you with this list.

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Person Harmed	Harm done to that person

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** 

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

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

**4.** – Discuss this entire worksheet with your sponsor.

in table 2.

table 3.