

Step 8 – Made a list of all the persons we have harmed and became willing to make amends to them all

Step 8A – Made

When I look at the words of this step, what feelings do I have when I consider working on this step?

Why do I not want to face that I have caused harm?

Which feelings are keeping me from taking this action?

This step is after 7 prior steps. How has my life changed so that this step feels natural to do now?

How has simply stopping the acting out made a significant difference already to people I have harmed?

How can I put the working of this step into the hands of my higher power?

What accountability do I need in order to keep working this step with a higher power's direction?