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

Step 8C – Making a list

Let's start by simply making a list of those I have harmed (Use extra sheets if needed)

Person Harmed	Harm I did
Myself	

What feelings do I have when looking at this list?

What character defects show themselves in my reaction to making a list? (Pride, arrogance, false humility, etc.)

How can I put these defects into the hands of my higher power instead of forcing myself forward?