

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

There are three parts to this step: making the list, identifying the harm we have caused, and then becoming ready to make amends. It is this last part that is the most difficult.

Person I harmed	How I harmed them	What amends I would like to make	What I hope to gain from making those amends or what I fear will happen if I make amends	What it would mean to me to give up all expectations of how, when, and to whom to make the amends and of their reactions might be