



8th STEP WORKSHEET

Made a list of all persons we had harmed and became willing to make amends to them all.

(Alcoholics Anonymous, Alcoholics Anonymous World Services, Inc.)

1. List who you have harmed and how they were harmed by your behaviors:

Harm Done





2. Make a list of the people in #1 to whom you are willing to make direct amends:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Attach a page if necessary.

3. Make a list of the people in #1 to whom you are not willing to make direct amends:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Attach a page if necessary.

- 4. Write a prayer to your Higher Power thanking for the willingness to make amends to those whom you are willing to make amends.
- 5. Write a prayer to your Higher Power asking (or thanking) for the willingness to make amends to those whom you are not yet willing to make amends.