



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.