

STEP EIGHT

READINGS

1. BIG BOOK – p. 76, Paragraph 3, in Chapter 6 ("Into Action")
2. TWELVE AND TWELVE, pp. 77-82 – "Step Eight"
3. DAILY REFLECTIONS – Readings on the "Eighth Step", "Willingness", and "Amends"

QUESTIONS

1. What does the term "harm" mean in this Step?
2. What does it mean to "make amends" to someone?
3. What is the role of forgiveness in the amends process?
4. Why must we be willing to make amends to *all* those we have harmed? Can't there be any exceptions?
5. What is the purpose of this Step?

ACTIVITIES

1. Prepare a list of all those you have harmed. The names should come from your Fourth Step inventory. For each name on the list:
 - Include the exact nature of the harm.
 - Identify the character defect that led to the harm, for example: envy, jealousy, grandiosity, or dishonesty.
2. Pray for the willingness to make amends to all the people you have harmed.
3. Pray for the willingness to forgive those you have harmed for whatever ways they may have hurt you.