

## Assignment 24 LIST HARMS

## STEP 8

This worksheet helps you identify people you've harmed, reflect on the impact of your actions, and prepare yourself to become willing to make amends. Use it alongside your Step 4 inventory. Take your time, be honest, and review with your sponsor or step guide.

### Section A: Building Your Step 8 List

Start by writing down the names of people you believe you have harmed. Include specifics about the harm done and how it may have affected them.

Person's Name \_\_\_\_\_

Harm I Caused \_\_\_\_\_

How It Affected Them \_\_\_\_\_

My Feelings About It Now \_\_\_\_\_

Example: My sister

Lied to her about money I borrowed

She lost trust in me

Shame, guilt

### Section B: Willingness to Make Amends

Reflect on your willingness for each person on your list.

Person's Name \_\_\_\_\_

Am I Willing to Make Amends? (Yes/No/Not Yet)

What Holds Me Back? \_\_\_\_\_

What Would Help Me Become Willing? \_\_\_\_\_

Example: Former employer

Not Yet

Fear of rejection

Talking it over with sponsor

### Section C: Types of Amends

Not all amends look the same. Use this section to decide what kind may apply.

- Direct Amends: Face-to-face or personal apology, making things right where possible.
- Indirect Amends: Taking positive action when direct contact would cause harm (e.g., volunteering, donating, living differently).
- Living Amends: Changing daily behavior to reflect honesty, humility, and care.