

## Assignment 24 LIST HARMS

## STEP 8

Reflection:

- Who can I approach directly?
- Who may require an indirect amend?
- What “living amends” can I begin practicing now?

Section D: Common Examples of Amends

Use this as inspiration to clarify your own list.

- Apologizing for lies or dishonesty.
- Repaying borrowed or stolen money.
- Admitting neglect of loved ones and showing up consistently now.
- Owning up to emotional or verbal harm.
- Committing to honesty where dishonesty once lived.
- Choosing safe behavior where recklessness once harmed others.

Section E: Preparing Spiritually and Emotionally

Amends take courage. Use these prompts to prepare.

- Which names on my list stir up the most fear or resistance?
- What do I fear will happen if I make amends?
- How might making amends bring freedom—for me and for them?
- What spiritual principle (humility, courage, honesty, compassion) can I lean on?

Section F: Preparing for Step 9

Step 8 prepares you for the action of Step 9, where you actually make amends.

- Who feels safe and appropriate to approach first?
- Who may need more time before I’m ready?
- How will I practice patience and humility if someone is not ready to forgive me?

Final Reflection

- One insight I gained from making this list: \_\_\_\_\_
- One way I will practice willingness this week: \_\_\_\_\_

✨ You’ve completed the Step 8 AA Worksheet. Keep it private, share with your sponsor, and carry this work into Step 9 with honesty and humility. Remember: willingness is progress, not perfection.