

**12 Step Journals: Step #8**  
**Step 8: “Made a list of all persons we had harmed,  
and became willing to make amends to them all.”**

For your 8<sup>th</sup> Step list you should include every name you think of, even if you’re not sure that you owe any amends in that particular situation. You can put your name on that list, with an awareness that the way we make amends to ourselves is the ongoing process of stopping irresponsible and self-destructive behavior. When you feel it’s pretty thorough, take the list and break it into 4 categories with your sponsor:

1. People to make amends to now. *Once on a good sober footing.*
2. People to make partial amends to in order to not injure them or others.
3. People to make amends to later.
4. People we “*may*” never be able to make direct personal contact.

You’re going to get to practice the principle of courage while working the Eighth Step because you can’t restrict your list only to those amends that you think will turn out OK. Remember to be incredibly honest, even if what you discover in the truth is painful to accept. As one of the AA old timers in my home group liked to say “*The truth is gonna set you free, ... but at first it may sting a little bit.*”

Step Eight helps build awareness that, little by little, we are gaining new attitudes about ourselves and how we deal with other people. Here are some questions to help guide you through working Step Eight. Please answer the following for your journals:

- *Are there resentments in the way of your willingness to make amends?*
- *Are you hesitating in any way before working on the eighth step- if so why?*
- *Why is it valuable to determine the exact nature of your wrongs?*
- *Why is it so essential that you are very clear about your responsibility?*
- *Are there people to whom you owe an amends who may be a threat to your safety or about whom you are concerned in some other way?*

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- *Why is simply saying, “I’m sorry” alone not sufficient to repair the damage that you’ve caused?*
- *Why is only changing your behavior not sufficient to repair the damage you’ve caused?*
- *Do you have amends to make that are financial and therefore you do not want to make them?*
- *Can you imagine what your life would be like if you had already made these amends?*
- *Do you have amends to people who have also harmed you?*