

Step 8 - I make a list of persons I have harmed and become willing to make amends to them all

- *How have you hurt yourself by practicing your addiction?*
- *What important relationships did you destroy or damage because of your addictive behaviors?*
- *How much time and energy have you lost from your addictive behaviors? What do you think you would have done or become had it not been for your addictive behaviors?*
- *Make a list of all those you have possibly harmed by your addictive behaviors. List the effect on them as individuals and on your relationship.*
- *Take the list of people you have harmed and make a list of possible amends for each one of them.*
- *From the list of possible amends, choose the ones that seem most appropriate, and mark them according to level of difficulty.*
- *What consequences do you fear in making amends? What is the worst thing that can happen? What is the best thing that can happen? What is likely to happen?*
- *Do you feel angry or resentful towards any people on your amends list? If so, write them a letter of anger, but don't send it to them. Describe here any other ways you have used to get rid of the anger and resentment towards anyone on your list.*
- *Describe any dreams that relate to making amends to others.*