

Step 8 Worksheet

A clear list for honesty, willingness, and amends

People I have harmed	Type of Harm Caused				Defects Involved	Willing to Make Amends?
	Physical	Mental	Emotional	Spiritual		(Yes/No)

Use this page honestly and simply. The list can grow as more people come to mind.

Relief Is Coming: Reflections from the Desert of Addiction