

## 8TH STEP: LIST PEOPLE HARMED & BECOME WILLING TO MAKE AMENDS

	Name of the person or institution	Harm done:	Identify and focus on what positive qualities I have. (Positive inventory) How can I use my positive qualities to help the person I harmed?--THIS IS AN AMEND	Identify & focus on what positive qualities this person has. Did this person ever love you (as well as hurt you)? (It helps see the person as healthy as well as sick).--THIS IS AN AMEND	Identify & focus on how the harm this person did me may have helped me: have I grown or needed to go to my HP for help? (Puts harm done me in more positive light)--THIS IS AN AMEND	Possible Amend(s) for that harm. How could I help this person? (Apology, Restitution, Public Acknowledgement, Living Amends--prayer or other things.)
1						
2						
3						
4						
5						

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Will this Amend harm that person or any-one else? Y or N	Ready to do the Amend...1 ) now, 2) some- time, 3) never