

Step 8—Made a list of all persons we had harmed and became willing to make amends to them all.

Step 8-17 (Made), 8D (Reaction), 8E (Planning), and 8F (Expectation)

Person Harmed:	
How have I harmed them? (Detail)	
Which of my character defects have caused the harm?	
<p>“We can often experience difficulty in becoming willing to make amends, especially if we felt that the people we hurt caused us harm as well.” Sex Addicts Anonymous pg 47</p> <p>Am I willing to make amends to this person? If not, why?</p>	
<p>If we are angry with someone, it is hard to think about making amends to that person.” Sex Addicts Anonymous pg 4</p> <p>Resentments I still have</p>	
How can I give my resentments over to my Higher Power?	
Am I willing am I to forgive the other person? If so, what does this mean for the future?	
<p>In many cases, our list contains names of people with whom we have unfinished business” Sex Addicts Anonymous pg 47</p> <p>Do I have unfinished business with this person?</p> <p>What fears do I have about doing amends?</p>	
<p>There are a number of ways amends can be made. It is important to plan the amends. It is equally important to turn those plans over to a higher power’s direction. Our experience is that the Higher Power causes the amends to be different than we planned, done at different time, and done in different ways than we had planned.</p> <p>Amends can be done in person, done via a letter, done to people other than those directly we harmed (when we can’t make direct amends). It is important to seek the Higher Power’s direction while making the plans.</p>	
Amends I plan to make	
What do I hope will happen as a result of amends?	

<p>What expectations do I have for their reaction?</p> <p>What do I fear might happen?</p>	
<p>What is my sponsor's reaction to this plan?</p>	
<p>"This process of becoming willing to make amends involves a deeper surrender to our Higher Power's will than we have known before" Sex Addicts Anonymous pg 48</p> <p>How can I give my expectations of the future over to my Higher Power?</p>	
<p>Often, we make plans of how and when we will make amends and have hopes of what the results will be – only to have those plans not happen.</p> <p>Am I willing to let my Higher Power change how and when I make amends to this person?</p> <p>Am I willing to give up my ideas and dreams of what the results of my amends will be?</p> <p>It may help to write my plans down and what I hope will happen.</p>	
<p>"This process cannot be rushed." "If we're not feeling totally ready in every case, or if we're still unsure about some names on our list, we can still move forward and not get stuck here. We can always return to Step Eight at another time and go deeper." Sex Addicts Anonymous pg 48</p> <p>One long time member of the fellowship stated that the amends step can take twenty years.</p> <p>Am I ready to move forward to Step 9 for this person?</p>	