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| Step 8—Made a list of all persons we had harmed and became willing to make amends to them all Step 8A --Made |
| When I look at the words of this step, what feelings do I have when I consider working on this step?  |  |
| Why do I not want to face that I have caused harm? |  |
| Which feelings are keeping me from taking this action? |  |
|  This step is after 7 prior steps. How has my life changed so that this step feels natural to do now? |  |
| How has simply stopping the acting out made a significant difference already to people I have harmed? |  |
| How can I put the working of this step into the hands of my higher power? |  |
| What accountability do I need in order to keep working this step with a higher power’s direction? |  |