

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?	