|  |
| --- |
| Step 8—Made a list of all persons we had harmed and became willing to make amends to them all Step 8-C –Making a list |
| Let’s start by simply making a list of those I have harmed |
| **Person Harmed** | **Harm I did (brief)** |
| Myself |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| What feelings do I have when looking at this list? |  |
| What character defects show themselves in my reaction to making a list? (Pride, arrogance, false humility, etc)  |  |
| How can I put these defects into the hands of my higher power instead of forcing myself forward?  |  |