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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 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 |  |
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| 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? |  |