

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?	