

Step 8—Made a list of all persons we had harmed and became willing to make amends to them all

Step 8B –Putting our self on the list

The first person we put on the list is our self

Why do I not want to face that my addiction has cause me harm?	
What kind of harm has my addiction caused me?  Some kinds of harm might include: <ul style="list-style-type: none"><li>• Causing health consequences</li><li>• Bad diet</li><li>• Financial consequences</li><li>• Engaging in unwanted relationships</li><li>• Giving up freedoms, dreams, or hobbies</li></ul>	
What would self- care look like in these areas?	
To made amends to myself, what kinds of changes will I need to make in my life?	
• Diet	
• Health	
• Finances	
• Dreams and hobbies	
• Relationships	
• Other	
What kinds of boundaries will I need to have in order to make amends to myself?	
• Spouse	
• Loved ones	

<ul style="list-style-type: none"><li>• Work</li></ul>	
<ul style="list-style-type: none"><li>• Other people</li></ul>	
What keeps me from making these changes in my life?	
What accountability will I need to be able to make those amends?	