

Eighth Step Amends Worksheet

1. As we prepare to make direct amends with those whom we have harmed, we must first make a clear list of where amendment is needed. The best place to begin is your Fourth Step Resentment Inventory. Add others where amendment is needed, considering your Sex and Finance Journal and the Eighth Step Amends List provided earlier in this section. Organize your list based on how challenging you think it will be to make an honest amends without discussing the other's faults, adding them under *Easy*, *Moderate*, or *Hard* below.
2. Begin praying for those on your amends list, focusing on those whom you are especially challenged to make an amends to. Ask God to be present to them and that they may know their identity as his beloved son or daughter.
3. Share your list with a sponsor or companion in recovery to discern what amends are necessary, discuss where you've gone wrong, and decide in what cases making amends would injure the subject or others.
4. Continue to add names as they come to mind, and ask God to grant you clarity, courage, and guidance along the way.

Easy	Moderate	Hard