Step 8 Workbook v2: Made a List of All Persons We Had Harmed and Became Willing to Make Amends to Them All

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

This is the step of accountability. We face the damage we've done—not to shame ourselves, but to clean up the wreckage. Willingness comes before action. This step is about honesty, courage, and preparation. Healing starts with naming the truth.

Reflection Questions

1. Who comes to mind immediately when you think of people you've harmed—and why?
2. What forms of harm have you caused beyond alcohol—emotional, financial, spiritual?
3. How did your behavior affect others, even when you didn't mean to hurt them?
4. What fears or justifications have kept you from looking at your part?
5. Who are you most resistant to putting on your list—and what does that resistance reveal?
6. What's the difference between guilt, shame, and accountability?
7. How has your need to be right blocked your ability to make things right?
8. Where do you owe amends to yourself—for self-neglect or betrayal?
9. What unfinished conversations or broken relationships still weigh on your heart?
10. What does it mean to become willing to make amends—even if you're not ready to act yet?
11. How might making amends restore not just relationships—but your own integrity?
12. What would freedom look like if you could walk through life with nothing to hide?

Quotes from AA Literature

Big Book (4th Edition)

"We made a list of all persons we had harmed, and became willing to make amends to them all." — Big Book, p. 76

"We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves." — Big Book, p. 76

"Faith without works is dead. The next chapter is entirely devoted to Step Nine." — Big Book, p. 76

Twelve Steps and Twelve Traditions

"Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake." — 12 & 12, Step 8

"The readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Eight." — 12 & 12, Step 8

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." — 12 & 12, Step 8

Plain Language Big Book

"Step Eight helps us prepare to set things right with others—and with ourselves." — Plain Language Big Book

"This is not about who was worse. It's about owning your part and being willing to change." — Plain Language Big Book

"Being willing doesn't mean rushing. It means opening your heart to healing." — Plain Language Big Book
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Affirmations

Write affirmations about courage, accountability, and your desire to heal relationships honestly and humbly.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer asking for the willingness to face those you've harmed, and the guidance to begin making things right.