

## Step 8 Worksheet with Questions

### A Guided 8th Step Worksheet with Questions for AA, NA & Other 12 Step Programs

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

Step 8 of the 12-Step Program delves deep into personal introspection, prompting individuals to confront and recognize the harm they might have caused during their time in addiction. It's a pivotal juncture in the recovery process, emphasizing not only personal responsibility but also the tangible, real-world consequences of addiction.

What sets Step 8 apart from the preceding steps is its proactive nature, moving beyond self-reflection to pave the way for actionable reconciliation with the past.

#### Understanding Step 8

The philosophy underlying step 8 is twofold. First, it stresses the importance of self-awareness, making individuals aware of the pain and upheaval they might have inflicted on others. Second, it champions empathy, underscoring the need for genuine remorse and a true willingness to make amends. However, it's crucial to approach this step with a balanced emotional mindset.

Rather than getting entangled in a web of guilt and regret, Step 8 encourages individuals to objectively confront their actions, acknowledging their missteps without letting shame overshadow the primary goal of healing and restoration.

#### How to Work Step 8

Working your Step 8 requires a methodical and introspective approach. You'll be drafting a detailed list of all those you believe have suffered due to your actions, keeping in mind that harm isn't always overt or conspicuous.

Sometimes, the most profound wounds are subtle and unspoken. As you navigate this step, it's imperative to maintain a high degree of objectivity. Emotions, while natural, can sometimes distort our perceptions, leading us to either overemphasize or downplay our actions.

A sponsor, with their experience and perspective, can be a beacon of guidance during this phase, helping you see clearly and offering invaluable insights into your journey.

While the central aim of Step 8 is to confront and list-out harms, it's essential not to bypass the emotional turbulence that accompanies this process. Feelings of guilt, shame, resentment, or even anger might surface, and it's crucial to acknowledge, process, and address them constructively.

One key distinction to keep in mind is the difference between apologies and amends. While apologies signify regret, amends represent actionable steps to rectify and mend broken bonds. Keeping this in mind, Step 8 essentially serves as a springboard for Step 9, prepping individuals emotionally and mentally for the reparative actions that lie ahead.

Step 8, like its counterparts, isn't a destination but a significant milestone in the continuous journey of recovery and self-improvement. It underscores the importance of progress over perfection and celebrates the individual's commitment to healing, reconciliation, and a brighter future.

## Step 8 Questions

What are the most important relationships you destroyed or damaged because of your addictive behaviors?

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Do you owe anyone an apology for your non-addiction related behavior? Should they be on your list?

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Have you pictured making amends to anyone over the years? Who was it? What did it look like?

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Who do you most fear making amends to? Do you look forward to making amends to anyone?

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Will I be harming the person or others further by making amends?

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What is your absolute worst fear regarding making amends? How likely is that to occur? What are your best expectations? How likely are they?

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How can I let go of these expectations and realize I am powerless over the response?

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How is making amends different from just saying you are sorry?

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Now make that list. Try to include everyone you have hurt due to your addictive behavior. For each write how your behavior affected their lives as individuals. Only then write how it influenced your relationship.

**Name or Person Affected:** \_\_\_\_\_

**How My Behavior Influenced Their Lives:**

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**How It Influenced My Relationship:**

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**Name or Person Affected:** \_\_\_\_\_

**How My Behavior Influenced Their Lives:**

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**How It Influenced My Relationship:**

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**Name or Person Affected:** \_\_\_\_\_

**How My Behavior Influenced Their Lives:**

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**Name or Person Affected:** \_\_\_\_\_

**How My Behavior Influenced Their Lives:**

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**How It Influenced My Relationship:**

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**Name or Person Affected:** \_\_\_\_\_

**How My Behavior Influenced Their Lives:**

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**How It Influenced My Relationship:**

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**Name or Person Affected:** \_\_\_\_\_

**How My Behavior Influenced Their Lives:**

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**How It Influenced My Relationship:**

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**How Step 8 Helps Us Recover:** Step 8 is a cornerstone in the recovery journey, laying the groundwork for genuine healing and reconciliation. By prompting us to confront the ripple effects of their past actions, it fosters a profound sense of self-awareness and responsibility. Beyond mere recognition, Step 8 encourages a proactive approach, equipping individuals with a comprehensive list of those they've harmed. This tangible list acts as a roadmap for the coming steps, paving the way for genuine amends. More than just a reflective exercise, Step 8 serves as a catalyst, transforming regret into reparative action. It's through this intentional confrontation and commitment to restoration that individuals find deeper healing, ensuring that the recovery journey is holistic, addressing both the internal struggles and the external consequences of addiction.