

AA Step 8 Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Sponsor: _____

PART 1: LIST OF PERSONS HARMED

Family Members

Name: _____ Relationship: _____

Harm Done:

Name: _____ Relationship: _____

Harm Done:

Friends

Name: _____ Relationship: _____

Harm Done:

Name: _____ Relationship: _____

Harm Done:

Co-workers or Employers

Name: _____ Relationship: _____

Harm Done:

Others (neighbors, strangers, institutions, yourself, etc.)

Name: _____ Relationship: _____

Harm Done:

PART 2: THE NATURE OF HARM

For each person listed, describe the nature of the harm done. Were they financial, emotional, physical, or spiritual? Be as detailed as you can.

Person 1:

Type of Harm: _____

Details:

Person 2:

Type of Harm: _____

Details:

PART 3: WILLINGNESS TO MAKE AMENDS

For each person listed, are you willing to make amends?

Person 1:

Willingness:

☐ Yes ☐ No

Person 2:

Willingness:

☐ Yes ☐ No

If you are not willing to make amends to a particular person, what is holding you back?

PART 4: CONSULT YOUR SPONSOR

Discuss this list and your thoughts on willingness with your sponsor.

Sponsor's Feedback:

PART 5: SELF-REFLECTION

What emotions or realizations have come up for you while making this list?

How do you plan on approaching Step 9 based on your work in Step 8?

This worksheet is a tool to help you organize your thoughts and reflections. Review your responses with your sponsor and be open to feedback. Step 8 is a preparatory step that helps you get ready emotionally and mentally for the actions you will take in Step 9.