

# AA Step 8 Worksheet

## Personal Information

Name:

Date:

Sponsor:

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## Part 1: List of Persons Harmed

### 1. Family Members

- *Name:*
  - *Relationship:*
  - *Harm Done:*
  
- *Name:*
  - *Relationship:*
  - *Harm Done:*

### 2. Friends

- *Name:*
  - *Relationship:*
  - *Harm Done:*
  
- *Name:*
  - *Relationship:*
  - *Harm Done:*

### 3. Co-workers or Employers

- *Name:*
  - *Relationship:*
  - *Harm Done:*

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

- *Name:*
    - *Relationship:*
    - *Harm Done:*
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### 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:*
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### Part 3: Willingness to Make Amends

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

- *Person 1:*
  - *Willingness:*
  
- *Person 2:*
  - *Willingness:*

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

- *Your thoughts:*

## Part 4: Consult Your Sponsor

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

- **Sponsor's Feedback:**
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## Part 5: Self-Reflection

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

- *Your thoughts:*

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

- *Your thoughts:*
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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.