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

Going over our 4th Step we review where we harmed others in the following specific areas of personal contact:

**Use this list of 7 areas for your review only.**

1. Relationships with family: In what ways have we been in a pattern of a victim, offender, or isolator in our relationships with family; or what ways have we disassociated or isolated ourselves in our responsibilities in being part of our family?

2. Relationships with friends and acquaintances: Is our relationship with old and new friends, either close of casual, acting out a pattern of being a victim, offender, or isolator?

3. Relationship to our physical needs: Have we been self-destructive in taking care of our health? Have we neglected our nutritional needs and diet, our exercise, and our dental and medical needs?

4. Relationships based on sexuality: Is our sense of identity in our victim, offender, or isolator relationships related to our sexual behavior? This may be through our pursuit of a sexual partner and involvement in any sexual relationships, with our consent or through violation. It depends on our ability to provide for our partners needs and their willingness to provide for ours. Have we dismissed our sexual needs by not pursuing any sexual relationships due to unresolved conflicts?

5. Relationships based on society: Is our sense of identity based our victim, offender, or isolation from relationships within society; on the job, in school, or involvement with the probation or criminal system? Have we intimidated people, or been the victim of intimidation? Do we have prejudices or single out individuals due to their race, color, age, sexual preference, weight, religious beliefs, or gender? Have we been open to learning about our own cultural traditions that were part of our heritage?

6. Relationships in public: Is our sense of identity based on our victim, offender, or isolation from interactions with others in public areas, such as restaurants, bars, grocery stores, movie theaters, or on the road through road rage or reckless driving, etc.?

7. Relationships based on spirituality: Is our sense of Identity in context to our spiritual beliefs and practices? Have we accused others of being morally wrong, because of their religious beliefs not being the same as our own? Are we in a victim pattern because of our religious upbringing, feeling guilty about our actions and judging ourselves accordingly; or relying on a spiritual guide for approval for any good feelings we have about ourselves? Have we withdrawn from those religious/spiritual ties out of avoidance of unresolved conflict?
Making your inventory - Categories to be listed:

1. Controller/Offender behavior: How these behaviors created harm to others;

2. Victim behavior: How these circumstances, emotional, physical trauma or losses, posed harm to us and then as a result of our actions caused harm to others.

3. Isolating behaviors: How these behaviors created harm to us and others;

4. Unresolved resentments: How these resentments created harm to us and others.

Make your amends list and include the following:

A. Specific incident, who was involved, date.

B. What responsibility was yours, and what was theirs in the incident?

C. How was this act contradictory to your values in perceiving how you should act, and how do you feel about it?

Do Not make any amends until the 9th Step. Review 9th Step worksheet before making any amends!!!

MAKE UP COPIES OF WORKSHEET PAGES AS NEEDED.
1. Offender behavior: How these behaviors created harm to others;

1). A. Specific incident, name, date.

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

B. What was your responsibility in the incident?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

C. How was this act contradictory to your values, perceiving how you should act? How do you feel about it?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

2). A. Specific Incident, name, date.

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

B. What was your responsibility in the incident?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

C. How was this contradictory to your values, perceiving how you should act? How do you feel about it?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

3). A. Specific incident, name, date.

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

B. What was your responsibility in the incident?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

C. How was this contradictory to your values, perceiving how you should act? How do you feel about it?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
2. Victim behavior: How these circumstances, emotional, physical trauma or losses, posed harm to us and then to others;

1). A. Specific incident when you caused harm to others, name, date.
_____________________________________________________________________________________
_____________________________________________________________________________________
B. What was your prior victimization, what were your actions that caused harm to others?
_____________________________________________________________________________________
_____________________________________________________________________________________
C. How was this contradictory to your values in perceiving how you should act towards others? How do you feel about it?
_____________________________________________________________________________________
_____________________________________________________________________________________

2.) A. Specific incident when you caused harm to others, name, date.
_____________________________________________________________________________________
_____________________________________________________________________________________
B. What was your prior victimization, what were your actions that caused harm to others?
_____________________________________________________________________________________
_____________________________________________________________________________________
C. How was this contradictory to your values in perceiving how you should act towards others? How do you feel about it?
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3). A. Specific incident, name, date.
_____________________________________________________________________________________
_____________________________________________________________________________________
B. What was your responsibility if any, and what were the perpetrators in the incident?
_____________________________________________________________________________________
_____________________________________________________________________________________
C. How was this contradictory to your values in perceiving how others should act towards you? How do you feel about it?
_____________________________________________________________________________________
_____________________________________________________________________________________

4
3. Isolating behaviors: How these behaviors created harm to us and others?

1). A. Specific incident, name, date.
____________________________________________________________________________________
____________________________________________________________________________________
B. How did your lack of action or responsibility cause harm to others or yourself?
____________________________________________________________________________________
____________________________________________________________________________________
C. How was this behavior contradictory to your values in perceiving how you should act in your interaction with others? How do you feel about it?
____________________________________________________________________________________
____________________________________________________________________________________

2). A. Specific incident, name, date.
____________________________________________________________________________________
B. How did your lack of action or responsibility cause harm to others or yourself?
____________________________________________________________________________________
C. How was this behavior contradictory to your values in perceiving how you should act in your interaction with others? How do you feel about it?
____________________________________________________________________________________

3). A. Specific incident, name, date.
____________________________________________________________________________________
B. How did your lack of action or responsibility cause harm to others or yourself?
____________________________________________________________________________________
C. How was this behavior contradictory to your values in perceiving how you should act in your interaction with others? How do you feel about it?
____________________________________________________________________________________
4. Unresolved resentments: How these resentments created harm to us and others.

3). A. Specific incident, name, date.

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
B. How has this resentment caused harm to yourself or others?

____________________________________________________________________________________
____________________________________________________________________________________
C. How was this contradictory to your values in perceiving how others should act towards you? Are your expectations unrealistic and if so how? How do you feel about it?

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

2. A. Specific incident, name, date.

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
B. How has this resentment caused harm to yourself or others?

____________________________________________________________________________________
____________________________________________________________________________________
C. How was this contradictory to your values in perceiving how others should act towards you? Are your expectations unrealistic and if so how? How do you feel about it?

____________________________________________________________________________________
____________________________________________________________________________________
A. Specific incident, name, date.

____________________________________________________________________________________
____________________________________________________________________________________
B. How has this resentment caused harm to yourself or others?

____________________________________________________________________________________
____________________________________________________________________________________
C. How was this contradictory to your values in perceiving how others should act towards you? Are your expectations unrealistic and if so how? How do you feel about it?

____________________________________________________________________________________