

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

The Eighth Step is about preparation and becoming willing to do something. Its about getting ready and willing --- *that's all!* It's about Spiritual as well as logistical preparation.

Spiritual Preparation:

"If we haven't the will to do this, we ask until it comes." (pg. 76:3)

A Suggested Prayer for Willingness:

God, please remove my fears and show me your truth. Show me all the harms I have caused with my behavior. Lord, make me willing to make amends to one and all. Amen.

Logistical Preparation:

WHO : The names come from our fourth step inventory list. During the fifth step, our list is expanded and reviewed. We begin by writing the name on the top of each 3 x 5 index card.

WHAT : Then below the name on each card, we write bullet points of what we are going to say to that person, specifically **HOW** we are prepared to make amends to them and **WHY** it is vitally important for us to do so.

WHEN : Now, with the help of our sponsor, the list is broken down and labeled (+) for now, (-) for later, (?) for maybe, and (!) for never. Each of our eighth step cards are numbered within each category (+, -, ?, !). The numbering is done from easiest to hardest.

WHERE : After review with our sponsor, and praying for willingness, we make **APPOINTMENTS** to make our amends.

3 x 5 Card: (see detailed Setup on reverse side of this page)

<i>(The front of the card is for you)</i>
JOE PHILMILGATES (+) (13)
<ul style="list-style-type: none">• WHAT:• HOW:• WHY:
<i>(The back of the card is for them)</i>
Q: " <i>Are there any more harms I have caused you, which I may not know about?</i> " <u>Listen Silently! Write it down!</u>
Q: " <i>Do you need to tell me how any of this hurt you?</i> " <u>Listen Silently!</u>
Q: " <i>Is there anything else I can do to correct this wrong?</i> " <u>Listen Silently!</u> <u>Write it down!</u>

Remember:

The **MOTIVE**: "...a sincere desire to set right the wrong." (pg. 77 "Into Action")

& The **ACTION**: "...a demonstration of good will..." (pg. 77 "Into Action")

Expecting to be forgiven, accepted, liked, admired, respected, etc. are incorrect motives. And, merely promising to change is more of an *apology* and not an action indicating real change.

Setup of the Amends Cards:

NAME OF THE PERSON YOU ARE MAKING AMENDS TO:

(+ , - , ? Or !) (10)

ADDRESS: (optional)

TELEPHONE NUMBER(S) (optional):

*"This is **WHY** I am here"*: Explain the importance of making amends to right the wrongs you have done and the importance of doing so to your continued sobriety.

WHAT did I do? *I WAS WRONG TO (bullet points):*

- List all specific wrongs you have done to this person.
- Keep it short, but to the point.
- Never mention or discuss any of *their* wrongs.

Tell them specifically **HOW** your are offering to make amends.

ASK THEM.....*(remember to take notes and **listen quietly without response**):*

This is where we give the other person the opportunity to bring up anything they remember that we have forgotten. We listen intently and stand ready to make amends for these actions (**AFTER PRAYER AND REVIEW W/ OUR SPONSOR** – if necessary). Remember, we are taking responsibility for what we have done or said that may have wronged them – and are there on a mission to set right those wrongs.

- *Are there any more harms I have caused you?* **Listen Silently**
- *Do you wish/need to tell me how any of this has hurt you?* **Listen Silently**
- *Is there anything else I can do to correct this wrong.....how can I make this right?* **Listen Silently**