Step Eight — The Amends List

"Made a list of all persons we had harmed, and became willing to make amends to them all." — p. 59

Good news: you already made this list. "We made it when we took inventory." (p. 76) Step Eight is **listing and becoming willing** — no amends are made yet.

> *"Now we need more action, without which we find that 'Faith without works is dead.'… Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves."*
>
> — Into Action, p. 76

WHERE THE NAMES COME FROM

1. **Column 1** — every person, institution, and principle on your grudge list.
2. **The Harm lines** of your Column 4 and realization pages — anyone your conduct touched.
3. **Your conduct (sex) inventory** — "Whom had we hurt?" (p. 69)
4. **The ones no list caught** — creditors, employers, family you went quiet on, people you avoided rather than harmed out loud.

Names, not essays. One line per person. If you wonder whether someone belongs on the list, write the name down — deciding what to do about it comes later, together.

WHAT COUNTS AS HARM

From our Step 8 guide — harm is when, without justification, I gave rise to:

- **Physical** suffering
- **Emotional** suffering
- Loss of **money**
- Loss of or damage to **property**
- Stealing of **time**; inconvenience
- Getting in the way of another's **spiritual growth** — enabling, fostering dependency, shielding someone from the consequences of their own actions

WILLING — NOT READY, WILLING

p. 76

Step Eight asks for **willingness**, not courage, and not a plan. "If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol." (p. 76) Mark every name in one of four columns — and be honest, because the honest "not yet" is still a win. It is on paper now.

NOW	LATER	MAYBE	NEVER… YET
willing today	willing, but not first	could become willing	praying for willingness

The list moves left over time. Prayer moves it.

GUARDRAILS

- **No amends yet.** Step Nine is made *with your sponsor*, approach by approach — "except when to do so would injure them or others." (p. 59) We plan every single one together before anyone is contacted.
- **"Hard on ourselves, but always considerate of others."** (p. 74) — "We have no right to save our own skin at another person's expense." Some names need a lawyer, an accountant, or careful timing. Flag them; don't act on them.
- **Their side is not our business.** The list is about the harm *we* did — even where we were also harmed.

My Amends List

start with Column 1 — then the harm lines — then the ones no list caught

	PERSON / INSTITUTION	THE HARM — WHAT I DID	KIND OF HARM	WILLING?
1			Ph Em $ Pr Ti Sp	N L M NY
2			Ph Em $ Pr Ti Sp	N L M NY
3			Ph Em $ Pr Ti Sp	N L M NY
4			Ph Em $ Pr Ti Sp	N L M NY
5			Ph Em $ Pr Ti Sp	N L M NY
6			Ph Em $ Pr Ti Sp	N L M NY
7			Ph Em $ Pr Ti Sp	N L M NY
8			Ph Em $ Pr Ti Sp	N L M NY
9			Ph Em $ Pr Ti Sp	N L M NY
10			Ph Em $ Pr Ti Sp	N L M NY
11			Ph Em $ Pr Ti Sp	N L M NY
12			Ph Em $ Pr Ti Sp	N L M NY
13			Ph Em $ Pr Ti Sp	N L M NY
14			Ph Em $ Pr Ti Sp	N L M NY
15			Ph Em $ Pr Ti Sp	N L M NY
16			Ph Em $ Pr Ti Sp	N L M NY

Kind of harm: Ph physical · Em emotional · $ money · Pr property · Ti time · Sp spiritual (enabling, shielding) | **Willing:** N now · L later · M maybe · NY never... yet

"If we haven't the will to do this, we ask until it comes." (p. 76) — circle NY honestly, then pray for the person daily and watch the circle move.

Alcoholics Anonymous (the Big Book), "Into Action," p. 76 · step text p. 59 · harm definitions from the house Step 8 guide