

Step Eight Summary Guide

“Made a list of all persons we have harmed, and became willing to make amends to them all”

Directions for step 8 are on page 76 and it comes in two parts:

1- First part, made a list of all persons we have harmed

“We have a list of all the persons we have harmed and to whom we are willing to make amends. We made it when we took inventory.”

We use our fourth step inventory as our list of whom we have harmed. That means that we do not tear it up or burn it after doing our fifth step. We still need it for step 8 and 9.

2- Second part, and became willing to make amends to them all

“We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves.” – We may find that there are several names on our list that we do not want to make amends for one reason or another. Either they seem hard to face or we may feel that they have harmed us more than we have harmed them. But the directions are that we are going to make amends for anything we have done and disregard their part altogether. That brings us to the next sentence.

“If we haven’t the will to do this, we ask until it comes.” – Once again, we are to depend on God and ask for his help.

“Remember that it was agreed at the beginning we would go to any lengths for victory over alcohol.” – While we may not want to make some of these amends, we are reminded of how alcohol once again is “the great persuader.”