

Journal Prompts: AA Step 8 Worksheet

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

1 - Identify individuals you've harmed and describe the impact of your actions.

2 - Recall an admission of wrong from Step 5 and its emotional effect on you.

3 - List recurring harmful behaviors from your Step 4 inventory.

4 - Reflect on your willingness to make amends – what fears hold you back?

5 - Consider a resentment addressed in Step 7 and how it still affects you.



CHANGES

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6 - Write about a specific harm caused and why you want to make amends.

7 - Evaluate how making amends might improve your relationships.

8 - Ponder the benefits of making amends on your self-worth.

9 - Recall a moment where you've been forgiven and how it felt.

10 - Reflect on what making amends means to your recovery journey.



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