Step Eight

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

Summary

- With the Eighth Step, we begin to take responsibility for the harm we inflicted on others when we acted on our character defects.
  (Step Eight Amends List Column 3)(Step Eight Amends List Column 4)
- Our Fourth Step Inventory can be very helpful in making this list.
- We have found it helpful to start by considering the people who were directly harmed by our acting-out behavior.
- We start by writing a list of all the persons we have harmed.
  (Step Eight Amends List Column 1)
- Many of us include details in our lists, such as when we hurt the person, what we did to cause them harm, and what harm resulted. *(Step Eight Amends List Column 2)*
  (Step Eight Amends List Column 3)(Step Eight Amends List Column 4)
- The harm we have done to others can take many forms. We have harmed people sexually or physically, or hurt them verbally or emotionally. (*Step Eight Amends List Column 4)*
  (Step Eight Amends List Column 3)(Step Eight Amends List Column 4)
- We may have been critical, impatient, argumentative, judgmental, financially irresponsible, vengeful, or mean. *(Step Eight Amends List Column 4)(Step Eight Amends List Column 3)*
- If we are angry with someone, it is hard to think about making amends to that person.
- But in order to become willing, it is essential that we focus only on our own behavior, not on someone else's.
- Working this step means finding the willingness to bring resolution to these relationships, regardless of whether or not those involved behaved rightly toward us.
  (Step Eight Amends List Column 5)
- The amends process is broken into two steps for a reason, allowing us to take the time we need to become truly willing before moving forward. *(Step Eight Amends List Column 5)*
- We may never be able to fully understand what those we have harmed have gone through, but we can ask for the willingness to have this understanding given to us, in Gods time.
- Empathy with those we have harmed is a sign of our willingness to make amends.
- Many of us were surprised when it was suggested that we put our own name on our amends list.
- Putting our own name on the list helps to develop a sense of compassion for ourselves and encourages us to begin treating ourselves with care and respect.
- Some of us have felt trapped in our feelings about the past. Sometimes we felt so ashamed that to talk of it further seemed almost unbearable.
- If we feel overwhelmed in this way, we turn to the God of our understanding and to our program friends for support in facing the pain of our actions and finding the willingness to make amends.
- If we're not feeling totally ready in every case, or if we're still unsure about some names on our list, we can still move forward and not get stuck here.

Principles

- Empathy
- Honesty
- Willingness

Promises

- In Step Eight we claim both our integrity and our compassion, and become willing to free ourselves from the guilt we have carried.
- Our lives are in God's care, no matter what harm we may have caused.
- Eventually we find the willingness to proceed with our amends.
- We are ready for Step Nine.

(Sex Addicts Anonymous, Pgs 45-48 Third Edition)

Step Eight Amends List (Example)

Suggestions:*Fill this inventory out one column at a time. In the first column write the name of the entity that you harmed. In the second column state when the harm was done. In the third column list what was done to harm that entity, and in the fourth column describe what harm has resulted to them. This can be, but is not limited to sexual, financial, mental, emotional, and/or physical harm. Lastly, in the fifth column simply write if you are willing to make the amends.*

Victim	**When Harm Was Committed**	**What we did to cause harm**	**Harm it Caused Victim**	**Am I Willing to Make Amends?**
Taylor	2011-2016	Infidelity, Betrayal, Dishonesty	Sexual	Yes
Avery	2017	Sexual Abuse, Manipulation	Sexual	Yes
Mom	2009-2018	Verbal Abuse, Blame, Vengeful	Emotional	Yes
Boss	2017-2018	Gossip, Self-Seeking	Emotional	Yes
Wells Fargo	2017-2018	Owe 540$, Procrastination, Justification	Financial	Yes
Spring Oak Apartments	2016	Damaged Property, Dishonesty, Self-Centered, Justification	Financial	Yes

Step Eight Amends List

Victim	When Harm Was Committed	What we did to cause harm	Harm it Caused Victim	Sexual/ Non-Sexual/ or Financial Harm?	Am I Willing to Make Amends?