

Recovery Fellowship

Welcome to our

12 Step

Pathway to Freedom



Steps 8,9

Worksheets

“If you are presenting a sacrifice at the altar and...someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.” Matthew 5:23-24

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Step 8: We made a list of all the persons we had harmed and became willing to make amends to them all.

This is where we begin to repair some damage. We look back through our lives at the people we have harmed, and become willing to fix what we can, as long as it does not harm anyone else in the process.

You will find some of the names from the 4th step inventory you recently did. Also, some new ones will come to mind. Write them down, talk to your sponsor about them, and the two of you can decide together how best to make the amends, and which ones will just cause more damage, and should be avoided altogether.

So, now is the time to get started. Just write down names of people you know you have harmed in the past. Don't worry about the ones you can't think of now. You can go back to them later, in the tenth step. Now just focus on what you can remember. Write down their names and how you harmed them.

After you make the list take it to your sponsor. As I said above, the two of you can decide together what the best course of action is in each situation.

Think about it long and hard. Think of school, work, home, hang-outs, etc. Chances are you have been moving around a lot and have hurt more than a few people. That doesn't make you a bad person; it just makes you human.

9. We made direct amends to such people wherever possible, except when to do so would injure them or others.

As you make your amends record here what happened and how you felt before and after it was over. Use as much paper as you need.