

AA Step 8 Worksheets

Complete these sheets to work through Step 8 of Alcoholics Anonymous.

1) What does harm mean to you? (Emotional, physical, emotional, etc.)

2) How does making amends differ from an apology?

3) What fears do you have about Step 8?

4) If not yet willing, what's holding you back from making amends?

5) Are there any amends that might cause more harm than good?



PURPOSE
HEALING CENTER

480.579.3319 | purposehealingcenter.com