

AA Step 8 Worksheets

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

In column 1, list the people you have harmed during addiction; in column 2 jot down a few words about the nature of the harm.

Name of person harmed

Describe the harm, as you recall it.

PRAYER TO MAKE AMENDS:

Higher Power, grant me the courage to face the harm I have caused, the wisdom to know HOW to make things right, and the strength to make appropriate amends.



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