

## Exercise S8-1 Amends List

Complete the following table to help guide our work on amends. Remember, in Step 8 we are becoming ready to make amends, not making them. Our sole purpose in this Step is to develop a comprehensive list of individuals we have harmed, with some supporting information.

We naturally have concerns such as when, where, or how we will make the amends; whether the amends is triggering to us or our spouse; whether the amends will cause additional harm to us, our spouse, or others; etc. We will discuss these concerns with our sponsor in both Step 8 and Step 9. When completing the table below, we do not allow any concerns to cause us to leave individuals off the list.

For each row, we identify a person we believe we have harmed. We then proceed to answer the question in each column.

Column 1 – Identify the person harmed by name

Column 2 – Be specific about the harm caused – emotional, physical, spiritual, etc. May reference time (in the past; ongoing). It may be helpful to consider how the person harmed would describe the negative impact of your behavior. For example, the constant lying caused me not to believe I could not trust anyone; the ongoing gaslighting caused me to question my sanity; etc.

Column 3 - Determine if this person is an emotional or sexual trigger for you or your spouse.

Column 4 – Determine if making an amends will possibly cause harm to this person, your spouse, or you. (Again, regardless of your response, keep the person on your list for discussion with your sponsor.)

Column 5 – State your willingness to make an amends. We are willing when we feel empathy for this person. Your willingness to make amends to each person can be expressed with any of the following: Right Now, Later, Maybe Someday, Never

Many of the table entries will be brief (such as name, Yes/No for trigger or harm, Willingness words), however some (e.g., harm caused) may require more words. Please note that the rows will expand as you enter content in a column. There is no required minimum or maximum number of individuals harmed. List all you can think of and your list can be refined in conversation with your sponsor.

Once we have completed the table, we meet with our sponsor (and possibly others using the Rule of Three) to determine if we have caused harm and amends are warranted. In this discussion, we may also begin to consider the appropriate type of amends to be made in light of any issues identified related to triggers and potential harm caused. Though these issues are identified now, they will be addressed in detail in Step 9.

**Exercise S8-1 Amends List**

|    | 1    | 2            | 3                   | 4                       | 5             |
|----|------|--------------|---------------------|-------------------------|---------------|
| #  | Name | Harm caused? | Are they a trigger? | Will I cause them harm? | Am I Willing? |
| 1  |      |              |                     |                         |               |
| 2  |      |              |                     |                         |               |
| 3  |      |              |                     |                         |               |
| 4  |      |              |                     |                         |               |
| 5  |      |              |                     |                         |               |
| 6  |      |              |                     |                         |               |
| 7  |      |              |                     |                         |               |
| 8  |      |              |                     |                         |               |
| 9  |      |              |                     |                         |               |
| 10 |      |              |                     |                         |               |
| 11 |      |              |                     |                         |               |
| 12 |      |              |                     |                         |               |
| 13 |      |              |                     |                         |               |
| 14 |      |              |                     |                         |               |
| 15 |      |              |                     |                         |               |
| 16 |      |              |                     |                         |               |
| 17 |      |              |                     |                         |               |
| 18 |      |              |                     |                         |               |