



RECOVERED ON PURPOSE
BECOMING THE HEROES

8th Step Amends List Worksheet

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

This worksheet is designed to help you identify those you’ve harmed, reflect on the impact of your actions, and prepare for making amends in a thoughtful and meaningful way.

Identifying Those I Have Harmed:

Name

Type of Harm (Physical, Emotional, Financial, Spiritual etc.)

Am I Willing To Make Amends?

☐ Yes ☐ No – Why Not?



My Action That Caused Harm (Be specific and detailed. You will use this to make amends.)



What Was My Intention at the Time? (Be honest with yourself about what you wanted.)





Impact On Them (How my behavior affected their life, trust, or well-being.)





What Have I Learned? (Reflect on what this experience has taught you.)

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