



Step Eight List Organiser

Making a List of People We Have Harmed

This organiser helps you build your Step Eight list thoughtfully. There is no rush — willingness grows as you work through it. Your sponsor can help you decide how to categorise each person.

This resource is produced by Stepwise Recovery and is not affiliated with any Twelve Step fellowship.

Category 4: Self

Many people in recovery discover that they also need to make amends to themselves. Addiction often involves years of self-harm, self-neglect, and broken promises to yourself.

How I Harmed Myself	How I Will Make Amends

Willingness Check

Before proceeding to Step Nine, reflect honestly on your willingness regarding each person on your list:

Person	Willingness Level	What Would Help?

Willingness does not mean eagerness. It means being open to the possibility. If you are not yet willing regarding someone, that is honest — and honesty is the foundation of this Step.

UK Crisis Support
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