

**Step 8. Made a list of all persons we had harmed, and became willing to make amends to them all.**

Now we need more action, without which we find that "Faith without works is dead." Let's look at Steps Eight and Nine. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory - (yes-no?)

(p. 76, A. A. -4th Edition)

<b>Column 1 (Persons, Institutions) Who have I harmed and to whom do I need to make a direct amends? (Step 8) What did my conduct cause? How did I affect them? (Column 2 - Names Inventory)</b>	<b>Column 3 (What I should have done instead) What do I need to do to set things out the past? What behaviors will I continue them more than my words? (Step 9)</b>
<i>(Example) My spouse (Relationship Conflict) Lying, dishonesty, insensitivity, selfishness. I caused her bitterness, anxiety, resentment. I affected her self-esteem and caused feelings of inadequacy.</i>	<i>She expressed to my spouse by being faithful, honest, and sensitive. I will practice intimacy and be considerate of her needs and desires. I will practice love with her and I will practice these principles on a daily basis.</i>
<i>(Example) My former employer (Bullying) I was angry and verbally abusive. I was dishonest and stole from him. I attributed his name to others.</i>	<i>In forgiving, I will admit all my wrong things to persons. I will make restitution as what I can. I will ask him what more can I do to right the wrong I have done.</i>