

12 STEP WORKBOOK

STEPS EIGHT – BECOMING WILLING TO MEND – FORGIVENESS

"Made a List of All People We Have Harmed, and Became Willing To Make Amends To Them All." ⁹⁵

READ IN PREPARATION:

"Big Book" of *Alcoholics Anonymous* – Page 76-84

Twelve Steps and Twelve Traditions – Step Eight Pages 79-84

Let us take note that we have imbedded the Amends beneath columns 1,2, and 3, and below each of the other Inventory sections. This should make it simpler to follow through and not conveniently "forget" anyone. However, there are extra pages of Amends, here and in the Personal Inventory Workbook. These extra pages are for any additional amends necessary due to the fallout of our behaviour.

AMENDS		<input type="checkbox"/> Now
(Person, Place or Thing)		<input type="checkbox"/> Later
		<input type="checkbox"/> Never
AMENDS		<input type="checkbox"/> Now
		<input type="checkbox"/> Later
		<input type="checkbox"/> Never
AMENDS		<input type="checkbox"/> Now
		<input type="checkbox"/> Later
		<input type="checkbox"/> Never
AMENDS		<input type="checkbox"/> Now
		<input type="checkbox"/> Later
		<input type="checkbox"/> Never
AMENDS		<input type="checkbox"/> Now
		<input type="checkbox"/> Later
		<input type="checkbox"/> Never