

Step 8 – Made a list of all the persons we have harmed and became willing to make amends to them all

Step 8D – Planning the amends

There are a number of ways that amends can be made. It is important to plan the amends. It is equally important to turn those plans over to a higher power’s direction. Our experience is that the higher power causes the amends to be different than we planned, done at a different time, and done in different ways than we had planned.

Amends can be done in person, done via letter, done to people other than to those directly we harmed (when we can’t make direct amends). It is important to seek the higher power’s direction while making the plans.

Person: \_\_\_\_\_ Harm I caused: \_\_\_\_\_  
Amends I plan to make: \_\_\_\_\_

Person: \_\_\_\_\_ Harm I caused: \_\_\_\_\_  
Amends I plan to make: \_\_\_\_\_

Person: \_\_\_\_\_ Harm I caused: \_\_\_\_\_  
Amends I plan to make: \_\_\_\_\_

Person: \_\_\_\_\_ Harm I caused: \_\_\_\_\_  
Amends I plan to make: \_\_\_\_\_

Person: \_\_\_\_\_ Harm I caused: \_\_\_\_\_  
Amends I plan to make: \_\_\_\_\_

Person: \_\_\_\_\_ Harm I caused: \_\_\_\_\_  
Amends I plan to make: \_\_\_\_\_

What is my sponsor’s reaction to these plans?