

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

Step 8E – Expectations of reactions

To become “willing to make amends to them all” happens when we are willing to give up all expectations for the results of the amends. That includes all positive as well as negative results we might expect.

Person: _____ Harm I caused: _____
What do I wish would happen if I made amends? What do I fear would happen?

What expectations do I have for their reaction?

How can I give these expectations over to my higher power?

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What do I wish would happen if I made amends? What do I fear would happen?

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What expectations do I have for their reaction?

How can I give these expectations over to my higher power?