

Step Eight

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We made a list of all persons we had harmed and became willing to make amends to them all.

Our experience tells us that we must become willing to make a list of all persons we had harmed. This step is not easy; it demands a deeper kind of honesty about our relationships with others. This begins the process of forgiveness, and we become ready to understand rather than to be understood.

In preparation of making our list, it is beneficial to define harm. Examples could be defined as physical or mental damage, inflicting pain, suffering, or loss. Addicts have difficulty admitting that they caused harm because we believed that we were victims of our disease. A separation of what was done to us from what we did to others removes our ideas of being a victim.

Working this step helps us to repair the wreckage of our lives. In writing our list, we admit that we hurt others. We honestly examine our wrongdoings and become willing to make amends.

Thoughts and fears of making our amends can be a major roadblock both in writing our list and in becoming willing. Listening to other addicts experience will help us through this process. When our willingness has grown, we are free to begin making our amends and continue to Step Nine.