

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

Step 8B – Putting our self on the list.

The first person we put on the list is our self.

Why do I not want to face that my addiction has caused me harm?

What kind of harm has my addiction caused me?

Some kinds of harm include: health consequences, bad diet, financial consequences, giving up freedoms, dreams, hobbies, getting into unwanted relationships, missing out on good.

What would self-care look like in these areas?

In order to make amends to myself, what kinds of changes will I need to make in my life?

Diet

Health

Finances

Dreams and hobbies

Relationships

What kinds of boundaries will I need to have with my spouse, loved ones, work, and other people in order to make amends to myself?

What keeps me from making these changes to my life?

What accountability will I need to be able to make those amends?