

## Step Eight Instructions and Worksheet<sup>1</sup>

We're going to take Steps Eight and Nine in small steps. The first is to make a comprehensive list. That's it—just a list. Next week, we will start to talk about willingness, how amends work, and whether or not we even make amends at all (there are cases where we can't or shouldn't). Right now, the only focus is the list.

Remember, as in all step work, it is important that we take care of ourselves in doing this work.

When preparing to make an amends list, seek feedback from a Sponsor/Co-Sponsor/trusted Step Study partner/trusted experienced COSA before making any amends.

### Beginning our list:

1. The first rule of Steps Eight and Nine is to check in with your Sponsor/Co-Sponsor/trusted Step Study partner/trusted experienced COSA.
2. The second rule of Steps Eight and Nine is to check in with your Sponsor/Co-Sponsor/trusted Step Study partner/trusted experienced COSA.
3. Copy every person, creature, institution, principle, etc., listed in the first column of your inventories (our Step Four resentment, fear, and sexual inventories) onto the Step Eight Table on page four of this document. This does not mean you will owe amends to all of these people. This is just a starting point.
  - **Complete the first two columns only. Ignore the last two columns for now.**
  - The second column asks what harm you've done. If you don't think you've done harm or don't know what it is, it's okay to answer, "I don't know," or "I don't think there was any harm."
  - Do not remove anyone/anything!
4. Don't forget to put yourself on the list.

There may be people, institutions, etc., we harmed who are not on our inventories; they also need to be part of our amends.

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<sup>1</sup> Adapted from Amy MJ

## Instructions for the COSA Step Eight Table:

- a. Think of anyone/anything you've harmed that is not listed. Add them to the list. (Even if someone has harmed you WAY more than you harmed them, put them on the list anyway.)
- b. Put those people you may have stolen from, including using other people's ideas without their permission, on the list.
- c. If there are situations or people around whom you feel shame, add those to the list, too. (You may or may not have harmed them, but we still want to capture the shame since it is a good indication of harm to yourself at a minimum.)

**Column Three:** Use your Step Four, Column Five inventory worksheet as a reference to guide you in filling out Column Three in the COSA Step Eight Table.

**Column Four:** Check the appropriate box. Transfer each entry to page four of this document. Place them in the appropriate categories. Discuss your list with a trusted COSA or a Step Study leader before making amends.

## Important Notes:

- If someone/thing comes to mind and you're unsure if they should be on the list or you even think they don't belong, PUT THEM ON THE LIST ANYWAY.
- If you're absolutely sure someone/thing doesn't belong on the list, LEAVE THEM ON THE LIST ANYWAY. Do not leave anyone or anything off without consulting your Sponsor/Co-Sponsor /trusted Step Study partner/trusted experienced COSA. (See 1 and 2 above.)
- If it is helpful, treat making the list as a meditation exercise. When your mind wanders to thoughts of what it means to add someone/thing to the list, or future tripping about what we might do with the list later, or fear/excitement/overwhelm about amends or the length of your list, or thoughts of how you might make amends -- take a breath and refocus on simply writing the list one entry at a time.
- In the end, you may have what appears to be a hellishly long list. Never fear! Because 1) the list is finite, 2) it is very unlikely that you actually owe everyone/thing on your list amends, and 3) Higher Power and your COSA support circle are here to help you tackle each small step to come.



Immediate Amends That Need To Be Made	Specific Action I Am Prepared To Take	Done:

Postponed Amends That Will Need to Be Made	When We Are Prepared and Ready To Take Action I will...	Done:

"N/A" Amends That Need to Be Mad	Specific Action I Am Prepared To Take	Done: