

Step Eight Worksheets¹

Worksheet Overview

Step 8—Worksheet 1

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 to take care of ourselves while 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, or 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, or trusted experienced COSA.

Use the [COSA Step Eight Table](#) to complete Columns One and Two below.

Column One: 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.

Don't forget to put yourself on the list.

Column Two: 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."

Complete the first two columns only. Ignore the last two columns for now.

Do not remove anyone/anything!

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

¹ Adapted from Amy MJ

Worksheet Overview Continued

Step 8—Worksheet 1

Instructions for Completing the COSA Step Eight Table:

1. Think of anyone or 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.)
2. Include on the list those people you may have stolen from, including using other people's ideas without their permission.
3. If there are situations or people around you that make you feel shame, add them 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 minimum.)

Use the [COSA Step Eight Table](#) to complete Columns Three and Four below.

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 and 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 or something comes to mind and you're unsure if they should be on the list or 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 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.

COSA Step Eight Table

Step 8 — Worksheet 2²

Column 1	Column 2					Column 3	Column 4			
List of Those I Have Harmed (Name of the person or institution)	Type of Harm Caused (name reason)					Defects involved that caused the injury or harm	Willing to Make Amends?			
	Physical	Mental	Emotional	Spiritual	Monetary		Immediate	Postponed	Not Applicable	Done

² Adapted from 2022 SIRSS

COSA Step Eight Table Continued

Step 8 — Worksheet 2³

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

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

“N/A” Amends That Need to Be Made	Specific Action I Am Prepared To Take	Done:

³ Adapted from 2022 SIRSS