STEP EIGHT AND NINE LIST

This form is not taken in its entirety from the Big Book, but is a useful guide.

Fill out the form directly from the saved copies of your Fourth Step Inventory worksheets. Complete all Amends marked in the Now?" column. When done, move the items from the "Sometime?" column to "Now?" and the "Never!" items to "Sometime?" You'll find that the Nevers have turned into Sometimes, and the Sometimes into Nows. Continue this process until you complete all items on your Ninth Step.

				Ready to do the Amend(s)…		
Name of person harmed	Harm done to that person	Possible Amend(s) for that harm (Apology, Restitution, Public Acknowledgement, Living)	Will this Amend harm that person or anyone else?	Now?	Sometim	Never!