8

STEP EIGHT

Brotherly and Sisterly Love

A guide to the Eighth Step,
with Scripture and prayer



Get ready with Jimmy or Sarah.

This step is done with a person: a human sponsor, pastor or priest. Your AI sponsor in the Steps & Scripture app helps you prepare. Free to download, first month free.

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If you are in danger, call or text 988, or call 911. If you have been drinking heavily and stopped, and you are shaking, sweating, confused, seeing things, or have had a seizure, go to the ER today.

INSIDE

Contents

Where you are	5
What Step Eight is	7
Your reading for this step	9
What the book says	10
What the 12&12 adds	14
What Scripture says	16
How to work Step Eight	21
Kinds of harm	25
Questions to think about	27
Suggestions for this week	28
When it's hard	29
Prayers for this step	31
A prayer for this step	32
Ready for Step Nine?	33



8

STEP EIGHT

Brotherly and Sisterly Love

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

And as you wish that others
would do to you, do so to them.

LUKE 6:31 (ESV)

Where you are

You've done a lot of honest work to get here. Before you start Step Eight, look back at the road behind you. If you picked up this guide in the middle of things, this page is for you too.

Step One. You admitted you were powerless over alcohol, and that your life had become unmanageable.

Step Two. You came to believe that a Power greater than yourself could restore you to sanity.

Step Three. You made a decision to turn your will and your life over to the care of God.

Step Four. You wrote it down. Resentments, fears, sex conduct, other harms. In every entry, you looked for your own part.

Step Five. You told another human being the exact nature of your wrongs.

Step Six. You became ready to let God take your defects. All of them.

Step Seven. You humbly asked Him to remove them. You prayed, "Grant me strength, as I go out from here, to do your bidding" (p. 76).

Now you look at the people.

Haven't done Steps Four through Seven? Stop here and go back. The Step Eight list comes straight off your inventory. Without the inventory, you'll end up with a short list of the obvious names and miss the people who matter most. Talk to your sponsor about where to pick up.

This step is worked with a human sponsor

Steps Four, Five, Eight and Nine are worked with a real person. Not an app, not Jimmy or Sarah. Someone who has made their own list and made their own amends, and who can sit across from you and look at yours.

If you don't have a sponsor yet, ask someone at a meeting this week. You can start your list while you look. But don't finish this step alone, and don't start Step Nine without one.

Check your work first

The list for this step is already sitting in your Step Four notebook. So before you start, go back and look at it. Is it all there?

- Did you leave anyone off your inventory because it was too painful to write?
- Did you skip the "other harms" because you ran out of steam?
- Is there anyone you left out because *they* hurt *you* more?

If the answer to any of these is yes, that's not failure. It's information. Add what's missing, and tell your sponsor.

What Step Eight is

> "Made a list of all persons we had harmed, and became willing to make amends to them all."
>
> ALCOHOLICS ANONYMOUS, P. 59

It has two parts. A list, and a willingness. Each phrase matters.

Made a list. On paper. Not in your head, where names can quietly slip away. A real list, with real names.

Of all persons. Not the easy ones. Not the ones who'll be glad to hear from you. All of them. That includes people who hurt you too, people you can't find, and people who have died.

We had harmed. This list is about what you did, not what was done to you. The other person's part isn't on it.

And became willing. Willing is the whole step. Not ready to go today. Not looking forward to it. Willing. And if you're not willing yet about some names, you pray until you are.

To make amends to them all. "Amends" means more than "I'm sorry." It means setting right what you can. But that's Step Nine. In Step Eight, you only get willing.

What this step is not

Step Eight is not

- **Not going to anyone yet.** No calls, no texts, no letters. Not this week.
- **Not a list of who hurt you.** That was your resentment list. This one is about your part.
- **Not a punishment.** You aren't writing the list to feel terrible. You're writing it to get free.
- **Not something to do alone.** Your sponsor goes through this list with you.

The list sets you free

A lot of us dread this step. We picture a long line of angry faces. But the book doesn't talk about the list as a punishment. It talks about clearing out what's been piling up:

> "We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves."
> ALCOHOLICS ANONYMOUS, P. 76

That debris is still there whether you write it down or not. You carry it every day: the people you avoid, the streets you don't drive down, the phone numbers you don't answer. The list doesn't create that weight. It lets you finally set it down.

Your reading for this step

Read these in your own copies, in this order. Page numbers for *Alcoholics Anonymous* are from the fourth edition.

Alcoholics Anonymous

- **Page 76.** The turn from Step Seven to Steps Eight and Nine. Read it out loud.
- **Pages 64–71.** Your Step Four inventory, again. Your list comes from here.
- **Pages 13, 67 and 77.** Bill makes his list; the people who hurt us are sick too.
- **Pages 78–83.** Read ahead to see what Step Nine asks. Don't act on it yet.
- **Then *Twelve Steps and Twelve Traditions*, pages 77–82.** The chapter on Step Eight.

Scripture (ESV)

- Luke 6:27–31 · Psalm 139:23–24 · Luke 19:1–10 · Matthew 6:12–15
- Colossians 3:12–14 · Genesis 33:1–4 · Romans 12:17–18 · Matthew 5:23–24

Listen, if you like: Joe and Charlie, Session 12, "Into Action—Steps Eight and Nine" (about 39 minutes), free in the SoberHub app. Steps & Scripture is not affiliated with SoberHub.

What the book says

Step Eight gets only a few lines in *Alcoholics Anonymous*, on page 76. That's because the book says you already did most of the work in Step Four. Read these pages in your own copy.

Bill made a list first (p. 13)

Before there were twelve steps, Bill sat with his old school friend and did this:

> "We made a list of people I had hurt or toward whom I felt resentment. I expressed my entire willingness to approach these individuals, admitting my wrong. Never was I to be critical of them."
>
> ALCOHOLICS ANONYMOUS, P. 13

Notice three things. The list had two kinds of people on it: people he hurt, and people he resented. He was willing to go to *all* of them. And he wasn't going to point out their faults. Only his own.

You already wrote it (p. 76)

Right after the Seventh Step prayer, the book turns to Steps Eight and Nine:

> "We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory."
>
> ALCOHOLICS ANONYMOUS, P. 76

That's good news. You aren't starting from a blank page. Your Step Four sheets already name most of the people. Step Eight gathers them into one list and asks if you're willing.

The inventory pointed here (pp. 67–70)

Go back to your Step Four pages and you'll see this step coming. After looking for your own part in each resentment, the book says:

> "We admitted our wrongs honestly and were willing to set these matters straight."
> ALCOHOLICS ANONYMOUS, P. 67

In the sex inventory, it asks plainly, "Whom had we hurt?" (p. 69) And it adds a warning that matters for every name on your list:

> "We must be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing."
> ALCOHOLICS ANONYMOUS, P. 69

Then, at the end of the inventory:

> "We have listed the people we have hurt by our conduct, and were willing to straighten out the past if we could."
> ALCOHOLICS ANONYMOUS, P. 70

If you're not willing yet (p. 76)

Some names will make your stomach turn. The book expects that:

> "If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol."
> ALCOHOLICS ANONYMOUS, P. 76

You don't manufacture willingness. You ask God for it, and you keep asking. That's the same move as Step Six. It worked there. It works here.

The people who hurt you (pp. 67, 77)

The hardest names are often people who did you wrong too. The book doesn't pretend they didn't. In the inventory, it taught us to see them this way:

> "We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend."
> ALCOHOLICS ANONYMOUS, P. 67

And in Step Nine it names the problem straight:

> "It may be he has done us more harm than we have done him and, though we may have acquired a better attitude toward him, we are still not too keen about admitting our faults."
> ALCOHOLICS ANONYMOUS, P. 77

That's honest. Still, that person goes on the list. You aren't saying their part didn't happen. You're saying your part did.

A tornado at home (p. 82)

It's easy to put the boss and the bank on your list and forget the people who lived with you. The book won't let you:

> "The alcoholic is like a tornado roaring his way through the lives of others. Hearts are broken. Sweet relationships are dead. Affections have been uprooted."
> ALCOHOLICS ANONYMOUS, P. 82

The people closest to you usually took the most damage. Being sober now is a good start. It isn't the same as making it right.

Some things can't be fixed (p. 83)

You will find names on your list where there's no clean way to repair what happened. The book says so:

> "There may be some wrongs we can never fully right."
> ALCOHOLICS ANONYMOUS, P. 83

That doesn't take the name off the list. It means you and your sponsor will look for the best amends possible, and you'll leave the rest with God.

What the 12&12 adds

Twelve Steps and Twelve Traditions gives Step Eight a full chapter, on **pages 77–82**. It's the most practical thing written about this step. Read it slowly, in your own copy. Here is what to look for as you read. These are our notes, not the book's words.

Page 77: Looking back before you repair. The chapter says Steps Eight and Nine are about our relationships with people. First we look at where we were wrong, then we repair what we can, then we learn to live well with everyone. It calls this a job you get better at but never finish. It admits that opening old wounds feels pointless at first, and promises the pain eases once you start.

Page 78: The first block is forgiveness. When we think about someone we hurt, we quickly start thinking about how they hurt us, and we use that to shrink our own part. The chapter reminds us that our drinking often made other people worse. If we want to be forgiven, we should forgive first.

Page 78: The second block is fear and pride. Making the list means picturing yourself in front of these people. That's frightening. The chapter names the excuse we reach for: why not just let the past stay buried?

Page 79: The third block is "I only hurt myself." Some of us insist our drinking never hurt anyone. We paid the bills, we showed up for work, nobody knew. The chapter calls this a kind of forgetting on purpose, and says only an honest look at what we did and why can break it.

Pages 79–80: Be thorough anyway. Some amends can't be made and some must wait, but the chapter says to look at your

whole past as it touched other people. It also notes the harm we did to ourselves, some of it buried deep. And it says this look at relationships teaches you more about your real problems than almost anything else.

Pages 80–81: What "harm" means. The chapter describes harm as damage to someone's body, mind, feelings or spirit. Bad temper, lying, cheating and selfish sex are the obvious ones. Then it lists quieter harms at home: being stingy or cold, constant criticism, favoring one child, controlling everyone, and pouring your self-pity onto the people around you. Those follow us to work too.

Pages 81–82: Walk back through your life. Start with the people closest to you and most hurt. Then go back year by year as far as you can remember. Forgive what was done to you. Don't make yourself worse than you were, or them either. Aim for a calm, fair look. When you get stuck, remember what this step has done for others: it's where the long loneliness starts to end.

> Read the chapter with a pen nearby, but write in a notebook, not this guide. Every time a name comes to mind as you read, add it to your list.

What Scripture says

The Bible has a lot to say about broken relationships, and about the God who repairs them. Read these slowly. Read them out loud if you can.

Do to others

The verse on the opening page of this guide is Step Eight in one line. Here it is with the verses around it:

> *"But I say to you who hear, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. To one who strikes you on the cheek, offer the other also, and from one who takes away your cloak do not withhold your tunic either. Give to everyone who begs from you, and from one who takes away your goods do not demand them back. And as you wish that others would do to you, do so to them."*
>
> LUKE 6:27–31 (ESV)

Jesus doesn't say to treat people the way they treated you. He says to treat them the way you'd *want* to be treated. That includes the people who hurt you. When you look at your list, ask: if I were on the other side of this, what would I want?

Search me, O God

> *Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!*
>
> PSALM 139:23–24 (ESV)

You can't see all your own harms. Pride hides some. Time buries others. So before you sit down with your list, ask God to show you. Pray this psalm, then be quiet for a minute and write down whatever names come.

A man who made a list

> *He entered Jericho and was passing through. And there was a man named Zacchaeus. He was a chief tax collector and was rich. And he was seeking to see who Jesus was, but on account of the crowd he could not, because he was small of stature. So he ran on ahead and climbed up into a sycamore tree to see him, for he was about to pass that way. And when Jesus came to the place, he looked up and said to him, "Zacchaeus, hurry and come down, for I must stay at your house today." So he hurried and came down and received him joyfully. And when they saw it, they all grumbled, "He has gone in to be the guest of a man who is a sinner." And Zacchaeus stood and said to the Lord, "Behold, Lord, the half of my goods I give to the poor. And if I have defrauded anyone of anything, I restore it fourfold." And Jesus said to him, "Today salvation has come to this house, since he also is a son of Abraham. For the Son of Man came to seek and to save the lost."*
>
> LUKE 19:1–10 (ESV)

Zacchaeus was a tax collector who had cheated his own people. Jesus came to his house before he had fixed anything. And Zacchaeus' answer to that grace was to name his harms and offer to set them right, and then some.

Notice the order. Jesus came first. The willingness came after. You aren't making your list to earn God's love. You're making it because you already have it.

Forgive us, as we forgive

> *...and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.*
>
> MATTHEW 6:12–15 (ESV)

This is hard to read if someone on your list hurt you badly. But it's plain. The forgiveness you're asking God for and the forgiveness you give to others are tied together. You can't hold both a grudge and a clean conscience for long.

Forgiving doesn't mean saying it was fine. It means you stop demanding that they pay.

As the Lord has forgiven you

> *Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.*
>
> COLOSSIANS 3:12–14 (ESV)

Paul tells you what to "put on" as you go into this step: compassion, kindness, humility, meekness, patience. Then he gives the reason to forgive: *as the Lord has forgiven you*. You're not forgiving because they earned it. You're forgiving because you were forgiven.

Jacob goes to meet his brother

> *And Jacob lifted up his eyes and looked, and behold, Esau was coming, and four hundred men with him. So he divided the children among Leah and Rachel and the two female servants. And he put the servants with their children in front, then Leah with her children, and Rachel and Joseph last of all. He himself went on before them, bowing himself to the ground seven times, until he came near to his brother. But Esau ran to meet him and embraced him and fell on his neck and kissed him, and they wept.*
>
> GENESIS 33:1–4 (ESV)

Jacob had cheated his brother Esau out of everything, then ran for twenty years. When he finally went back, he was terrified. He expected an army. Esau ran to meet him and wept on his neck.

It doesn't always go like that. But the fear you feel when you picture these people is usually bigger than what actually happens. The book says the same thing on page 78.

As far as it depends on you

> *Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all.*
>
> ROMANS 12:17–18 (ESV)

If possible. So far as it depends on you. Paul knows some people won't make peace with you. That's not in your control. Your part is to be willing and to do what you can. Their response is theirs.

First be reconciled

> *So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.*
>
> MATTHEW 5:23–24 (ESV)

Jesus says making things right with people matters so much that it comes before worship. This is the verse for Step Nine, and you'll see it again. For now, notice what it asks you to remember: *that your brother has something against you.* That's your list.

How to work Step Eight

Here is a plain way to work this step. Your sponsor may suggest something different. Go with your sponsor.

1. Sit down with your sponsor

Tell your sponsor you're starting Step Eight. Ask how they want you to do the list, and set a time to go over it together. Many sponsors want to see the list within a week or two.

2. Pull the names off your inventory

Get your Step Four pages. Go through them one sheet at a time and copy every person you harmed onto a new list:

- **Resentments.** Anyone where you found your own part. Most of them.
- **Fears.** Anyone your fear made you hurt, avoid, lie to or control.
- **Sex conduct.** Anyone you were selfish, dishonest or inconsiderate with. Anyone you made jealous or suspicious.
- **Other harms.** Everyone on that list.

Don't judge yet. Just copy.

3. Find who's missing

Your inventory won't have everyone. Now walk back through your life, year by year, and ask who else got hurt. These are the people most of us forget:

- **Family.** Your spouse or ex, your children, your parents, brothers and sisters. They're often the ones most hurt and

the last ones listed.

- **Employers.** Time you stole, sick days that weren't sick, expense reports you padded, work you left for others.
- **Creditors.** Money borrowed and never paid back. Bad checks. Bills you dodged. The book says, "We do not dodge our creditors" (p. 78).
- **Church.** A church you walked out of, a pastor you lied to, a congregation you embarrassed or let down.
- **Friends and neighbors.** The friend you borrowed from, the neighbor whose fence you hit.
- **Yourself.** Put your own name on the list, last. The way you make it up to yourself is by staying sober and doing these steps.

The "Kinds of harm" page after this chapter will help you remember more.

4. Write the harm in one sentence

Next to each name, write what you did. One plain sentence. Your part only.

Examples

- **Mom.** I stole money from her purse and lied when she asked.
- **My son.** I missed his games for three years and promised every time I'd come.
- **Mike at the shop.** I called in sick on Fridays and left him to cover.
- **My old church.** I took the youth group money and quit without a word.

If you can't say it in one sentence, you may be explaining, or blaming. Cut it down to what *you* did.

5. Sort the names

Now go through the list and put each name in one of three groups. Be honest. Nobody's grading this.

- **Now.** People you're willing to face, and could, once your sponsor says go.
- **Later.** People you're not ready for yet. Pray about each of these names every day until you are.
- **Maybe never.** People it might hurt to contact, people who could get someone else hurt, people you can't find, and people who have died.

"Maybe never" doesn't mean *off the list*. It means the amends may not be face to face, or may look different. Those names go to your sponsor or pastor first, every one.

6. Forgive first

Look at the names of people who hurt you too. Pray for each one by name. Use the book's words from page 67: *This is a sick man. How can I be helpful to him?* You don't need to feel warm toward them. You just need to stop waiting for them to go first.

7. Pray for willingness

Every morning, pray over your "later" names. Ask God to make you willing. If that's too much, ask Him to make you willing to be willing. Keep asking until it comes.

8. Go to no one yet

This is the part people get wrong. You'll feel a rush to fix things. You'll want to call your sister tonight. Don't.

Amends made in a hurry, without a sponsor, can do real damage. They can reopen wounds, hurt a third person, or turn into an argument. Your list is a plan, not a to-do list. Step Nine is when you go, and you'll go with your sponsor's help.

9. Take the list to your sponsor

Go over every name with your sponsor. Let them ask questions. Let them push back if you've left someone off, or put someone on who doesn't belong. When you're both satisfied, you're ready for Step Nine.

Kinds of harm

Keep this page handy as you make your list. Read down each line and ask, *who felt this from me?*

The ways we hurt people

- **Money.** Borrowing and not paying back. Stealing, even small. Bad checks, unpaid bills, padded expenses, spending the family's money on drinking.
- **Lies.** Covering up drinking. Excuses. Broken promises. Making people doubt what they saw with their own eyes.
- **Neglect.** Forgetting birthdays. Not providing. Leaving others to carry what was yours to carry.
- **Temper.** Yelling, slamming doors, scaring people. Silent treatment. Sarcasm that cut.
- **Affairs.** Cheating, flirting, lying about where you were. Making a spouse or partner jealous on purpose.
- **Absence.** Not there for the game, the hospital, the funeral, the bedtime. There in body, gone in mind.
- **Control.** Running everyone's life. Criticizing every choice. Making people walk on eggshells.
- **Self-pity.** Making your mood everyone's problem. Turning every bad day into theirs.
- **Danger.** Driving drunk with people in the car. Putting your family at risk.
- **Faith.** Mocking someone's faith. Pulling people away from church. Setting a bad example for your children.

Who belongs on the list

- **Family:** spouse or ex, children, parents, brothers and sisters, in-laws.
- **Work:** bosses, coworkers, customers, employees.
- **Money:** creditors, landlords, banks, anyone you owe.
- **Church:** pastors, congregations, small groups.
- **Others:** friends, neighbors, old girlfriends or boyfriends, people you got drunk with, people you got in trouble.
- **The law:** anything you did that was a crime. Talk this over with your sponsor or a pastor before anything else.
- **Yourself:** last, and only after everyone else.

The book says "Whatever the situation, we usually have to do something about it" (p. 81). But not this week. This week, you only write the name.

Questions to think about

These aren't for writing in this guide. Think them over, pray about them, write in a notebook if that helps, and talk them through with your sponsor. Jimmy and Sarah ask some of the same questions in the app.

1. Go through your inventory. Who shows up in the "my part" column?
2. Who's missing from your list: family, employers, creditors, church, yourself?
3. For each name, what was the harm, in one sentence?
4. For each name: are you willing, not yet willing, or hoping never to see them again?
5. Who do you need to forgive before you can make an amends to them?
6. Who did you hurt the most? Are they near the top of your list, or buried at the bottom?
7. Is there anyone you've told yourself "wasn't really hurt"? How do you know?
8. Who are you most afraid to face? What exactly are you afraid will happen?
9. Read the story of Zacchaeus (Luke 19:1–10). What came first for him: Jesus' grace, or his amends?
10. If you were on the other side of your worst harm, what would you want the person to do?

Suggestions for this week

Pick one at a time. You don't need to do all of them.

- Put every name on the list with the harm done, in one plain sentence each.
- Mark each name: now, later, or maybe never. Pray about the "later" names every day.
- Read Step Eight in *Twelve Steps and Twelve Traditions* (pp. 77–82) in your own copy.
- Read page 76 of *Alcoholics Anonymous* out loud, then reread pages 64–71 with your list next to you.
- Pray Psalm 139:23–24 before you work on your list each day.
- Pray for one person who hurt you, by name, every day this week.
- Memorize Romans 12:18: *If possible, so far as it depends on you, live peaceably with all.*
- Set a time with your sponsor to go over the whole list.
- Go to a meeting where the topic is amends, or ask someone there how they made their list.
- Go to church this Sunday. If you don't have a church, try one.

When it's hard

Almost everyone gets stuck somewhere on this step. Here's what that usually looks like, and what to do.

"They hurt me more than I hurt them."

Maybe so. They still go on the list. Your amends is for your part, not theirs. You aren't excusing what they did. You're cleaning your side of the street. Pray for them by name, and let God handle their side. Read Matthew 6:12–15 again.

"The list is too long."

A long list means you were honest. Don't try to face all of it in one sitting. Write the names first, all of them. Sort them later. You'll make these amends one at a time, over months, maybe years. Nobody does it in a week.

"Some of them are dead, or I can't find them."

They stay on the list. Talk with your sponsor about what amends can look like: a letter you read at a graveside, a gift to a cause they cared about, a changed life. You'll work that out in Step Nine.

"I want to fix it right now."

Good. Hold on to that. But don't act on it yet. Amends made in a rush, without your sponsor, can hurt people. Write the name, write the harm, and wait. The urgency will still be there in Step Nine, and you'll be better prepared.

“I’m not willing to make that one.”

That’s honest, and it’s common. Put it in the “later” group. Pray every day to become willing. If that’s too much, pray to become willing to be willing. Talk to your sponsor about what’s in the way. Usually it’s fear, or a resentment that isn’t finished.

“I didn’t really hurt anyone but myself.”

Ask the people who lived with you. Ask your sponsor. Read page 82 about the tornado. Most of us who said this found out we were wrong. The list helps you see what you’ve worked hard not to see.

If you want to drink, call someone before you do anything else. Your sponsor, someone from a meeting, your pastor. Get to a meeting today. If you are in danger, call or text 988, or call 911.

Prayers for this step

The book doesn't give a prayer for Step Eight. But it gives you a short one for the people who hurt you, from the Step Four inventory. Pray it for the names on your list that still sting.

> "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."
> ALCOHOLICS ANONYMOUS, P. 67

Say it slowly, and stop at each line.

This is a sick man. Or woman. They're sick too, like you were.

How can I be helpful to him? Not how can I get even.

God save me from being angry. You can't make yourself stop. Ask.

Thy will be done. Then leave them with God.

When you get stuck on a name, remember the line from page 76: *If we haven't the will to do this, we ask until it comes.* So ask.

A prayer for this step

You can also pray in your own words. Here is one way:

Father, You know every person I've hurt. You saw it all, even the parts I've forgotten. Search me, and show me what I can't see.

Give me the honesty to write every name, and to tell the truth about what I did. Don't let me hide behind what others did to me.

I forgive the people who hurt me. Where I can't yet, make me willing. Where I'm afraid, give me courage. Where I'm in a hurry, give me patience to wait for the right time.

Thank You that You came to me before I had fixed anything, the way Jesus came to Zacchaeus. Make me willing to make it right with every one of them. In Jesus' name. Amen.

Ready for Step Nine?

Before you call this step done, talk these over with your sponsor:

- Is everyone you harmed on your amends list?
- Are you willing to make amends to all of them, even the hard ones?
- Does each name have the harm in one sentence, sorted into now, later or maybe never?
- Are you forgiving, or praying to forgive, the people who hurt you?
- Has your sponsor gone over the whole list with you?

You don't have to be ready to face everyone tomorrow. You need a complete list, and you need to be willing.

What's next

Step Nine is where you go. You'll make direct amends wherever you can, except when it would hurt them or someone else, starting with the "now" names. The book puts both steps on the same page. Don't let your list sit in a drawer.

Step Nine is done with a human sponsor. Before you make any amends that involve money owed, the law, an affair, a former partner, or anything that could hurt someone else, talk it over with a human sponsor or pastor first.

KEEP GOING

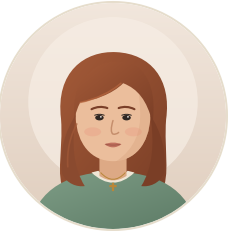
Talk it over with Jimmy or Sarah

Steps & Scripture is a Christian Twelve Step app for iPhone and Android. Your sponsor, Jimmy for men or Sarah for women, is an AI who knows *Alcoholics Anonymous* and the Bible. Your sponsor walks the steps with you, one conversation at a time, and keeps pointing you to meetings, a human sponsor, your church, and the phone.

Step Eight itself is done with a person, not the app. Jimmy or Sarah can help you get ready for it.



Jimmy



Sarah

Download on the App Store

Get it on Google Play

Free to download. First month free, no card. For adults 18 and older. Jimmy and Sarah are AI. They are not people, and they say so.

IF TODAY IS A BAD DAY

Get help now

If you are in danger or thinking about hurting yourself: call or text **988**, the Suicide & Crisis Lifeline, or call **911**.

Withdrawal can kill. If you have been drinking heavily and stopped, and you are shaking, sweating, confused, seeing things, or have had a seizure, go to the ER today. If you drink heavily every day, talk to a doctor before you stop.

If you want to drink

- Call someone before you pick up. Your sponsor, someone from a meeting, your pastor.
- Get to a meeting today, early, and stay late.
- Ask: am I hungry, angry, lonely or tired? Deal with that first.
- Play the tape forward. Walk past the first drink to tonight, tomorrow morning, and who you'll have to tell.
- Pray. Even "God, help me" counts.

The SAMHSA National Helpline is free and open 24/7: 1-800-662-4357.

THE PROGRAM

The Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. **Made a list of all persons we had harmed, and became willing to make amends to them all.**
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual experience as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

1939 wording (*Alcoholics Anonymous*, p. 59).