

Step 8 Worksheets

Forgiveness

What are the most important relationships you destroyed or damaged because of your addictive behaviors?

Do you owe anyone an amends¹ for your non-addiction related behavior? Should they be on your list?

Have you pictured making amends to anyone over the years? Who was it? What did it look like?

Who do you most fear making amends to? Do you look forward to making amends to anyone?

¹ An amends is different than an apology. An amends focus' on 'what do I need to do to make this right?' and often involves some action on our part.

Will I be harming the person or others further by making amends?

What is your absolute worst fear regarding making amends? How likely is that to occur? What are your best expectations? How likely are they?

How can I let go of these expectations and realize I am powerless over the response?

How is making amends different from apologizing or just saying you are sorry?
