Step 8: The List

> *"If it is not right, do not do it: if it is not true, do not say it."*
>
> Marcus Aurelius, Meditations 12.17 (tr. Long)

Step 8 is the list, not the amends. Write everyone down, including the ones you would rather leave off. "Willing yet?" can honestly say "not yet". Mark anyone an amends could harm, including yourself, and talk those through with a sponsor or counsellor before acting.

PERSON	WHAT I DID	HOW IT AFFECTED THEM	WHAT PUTTING IT RIGHT MIGHT LOOK LIKE	WILLING YET? ANY RISK OF HARM?

Who did I leave off, and why?

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