Amends & Restitution List

Step 8 says, "Made a list of all persons we had harmed, and became willing to make amends to them all."
Step 9 says, "Made direct amends to such people wherever possible, except when to do so would injure them or others."

* "+" (plus sign) = Willing to make the amend, "-" (minus sign) = Not willing (If you have any minuses, continue to pray for the willingness.)

** There may be additional harms you've caused this person. Ask them, "Is there any other way I've harmed you that I'm not aware of?"

*** Fill this space in **after** you've made your initial approach to the person and you've asked them "What can I do to **right this wrong**?"

*+ or -	Whom did I harm	**The harm I caused	***To make the amend I will..

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