

# Monday Night How It Works AFG Open Meeting

**Date: Nov 1, 2021 - 7-8pm CST - In person only**

**Topic: Step 8 - Made a list of all persons we had harmed and become willing to make amends to them all.**

**Al-Anon Speaker: Becky K**

**Paths to Recovery Pgs: 81**

In Step 8 we are given a new task to perform and specific direction for approaching the recovery work needed. Our specific assignment is to make a list of persons we have harmed. The second part of Step 8 challenges us to become willing to make amends.

How do I make a list? One member shares that she made the following column heads: The person harmed, their relationship to me, my harmful act, the reason for my amends, and my willingness.

1. Have I resisted making a list? If so, why?
2. How have I used rationalization or justification to block me from becoming willing?
3. How willing am I to be completely honest?
4. Do I recognize when minding someone else's business may have harmed them or others?
5. Do I recognize the need for my amends?
6. Did I include myself on my list?

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