

CoDA-Tulsa – Melody Beattie “Codependents Guide to the 12 Steps”

STEP 8 – Exercise 1

“...Made a list of all persons we have harmed, & became willing to make amends to them all...”

1. Have you started your list yet? Have you made a mental list of the people you believe you have harmed?

Who have you harmed?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

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25.

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STEP 8 – Exercise 2

“...Made a list of all persons we have harmed, & became willing to make amends to them all...”

2. Would you like peace and healing in your relationships, even in those you don't wish to maintain?
What are the barriers to healing that are still within you?

Would you like peace and healing in ALL relationships? Expectations.

Barriers within you:

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STEP 8 – Exercise 3

“...Made a list of all persons we have harmed, & became willing to make amends to them all...”

3. What are the relationships past and present, that bother you most?

Relationships that bother you most:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.