**B2B EIGHTH STEP WORKSHEET – People WE Have Harmed**

Complete this form one column at a time, from top to bottom. **Do NOT go across each row**.

1. Big Book, **page 70**, paragraph 3 states, *“We have listed the people we have hurt by our conduct and are willing to straighten out the past if we can.”*
2. Big Book, **pages 58-62** contain examples of attitudes and defects that damage our relationships and fuel self-seeking behavior that harms others.
3. Please refer to the*“****My Part – Nature of Our Wrongs****”* document for descriptors for some of the categories in Column 4.
4. Big Book, page 73: *“Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they [got drunk on media again]. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. …Coming to [their] senses, [they are] revolted at certain episodes [they] vaguely remember. These memories are a nightmare. [They] tremble to think someone might have observed [them]. As fast as [they] can, [they] push these memories far inside [themselves]. [They] hope they will never see the light of day. [They] are under constant fear and tension—that makes for more [media drunkenness].”*

| **Who was harmed by my conduct?** | **What mistake or wrongdoing did I commit and what did I neglect to do?** | **What part of identity or the self has caused this harm?** | | | | | | **What is the nature of my wrongs, shortcomings, liabilities, defects?** | | | | | | | **What could I have done instead? What Assets or Tools Could I Have Used in This Situation?** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Ego – Arrogance – Fear | Pride – Self-reliance – Defiance | Ambition (Social, Financial, Sexual) | Security (Physical, Material) | Personal Relations | Sexual Relations | Self-Pity | Selfishness – Inconsiderateness | Self-seeking – Self-centeredness | Insecurity – Fear – Mistrust | Dishonesty – Self-delusion | Self-Will – Playing God – Control | Other: |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |