

**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? If you have not, what is stopping you?

**You thoughts that are getting in your way:**

**What are you afraid of:**

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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. Have you made a mental list of the people you believe you have harmed?

**Who have you harmed?**

1.

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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. 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 4**

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

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

**Relationships that bother you most:**

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