DA-HOW Step Eight and Nine Worksheet

Read Step Eight in the AA 12 & 12 pages 80 to 82, beginning with "We might next ask ourselves…" through "A quiet, objective view will be our steadfast aim." Complete columns 1 and 2. Read Step Nine in the AA 12 & 12 page 83, paragraph 2. Complete Column 3. Read Step Nine, page 86-87. Complete Columns 4 and 5. When this list is complete, work with your sponsor to write out and make your amends as appropriate.

1) Name of person harmed	**2) Harm done to that person**	**3) Timing of Amends**			**4) Will an amends harm this person or anyone else?**	**5) Appropriate type of amends** (Face-to-face apology, restitution, public acknowledgment, amends letter, living amends)
		Now	Later	Never		
					Yes No	
					Yes No	
					Yes No	
					Yes No	
					Yes No	
					Yes No	