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| **SAMPLES FOR 8TH STEP LIST** |
| Person/Institution I harmed | *What I did* | *Direct – in person, by phone, email, or postal mail (any restitution?)* | *Indirect* | Living (explain how) |
| Mr. Brown | Resented, gossiped against, blamed |  | X | X (will be friendly; will invite to coffee to restart the relationship) |
| My employer | Stole from the cash register.Stole food from the cafeteria | XIn person; restitutionWill pay back what I owe |  |  |
| Rosemary, flirted with my husband | Resented, gossiped against |  | X | X (will be friendly; will compliment her.) |
| My husband | Screamed at him. Told him he was a loser. | XIn person |  | X (Will thank him for what he did well. Will pray for him. Will tell him I love him.) |
| Business acquaintance | Started a false rumor about her. | Will tell everyone involved that I lied - the rumour was false. | X |  |

 p. 11