

1. Read and highlight Step Eight from page 59 of the Big Book.
2. Read and highlight from the paragraph after the Step Seven prayer on page 76 of the Big Book to the bottom of page 83, not including the last paragraph.
3. List each person or institution that you make have harmed. List the name of the person harmed; what you did; the specific harm that you think you have done. Ask yourself *"How did I damage or diminish their quality of life?"* or *"What was the negative impact of my behavior on their life?"*.
4. LISTEN/WATCH:  
44. Step 8 ([CLICK HERE](#))