This manual was developed as part of the National Institute on Drug Abuse (NIDA) Grant DA08608, Cognitive Enhancements for the Treatment of Probationers (CETOP).

The Mapping Your Steps: “Twelve Step” Guide Maps training module may be used for personal, educational, research, and/or information purposes. Permission is hereby granted to reproduce and distribute copies of these materials (except for reprinted passages from copyrighted sources) for nonprofit educational and nonprofit library purposes, provided that copies are distributed at or below costs and that credit for author, source, and copyright are included on each copy. No material may be copied, downloaded, stored in a retrieval system, or redistributed for any commercial purpose without the expressed written permission of Texas Christian University.

Institute of Behavioral Research
Texas Christian University
TCU Box 298740
Fort Worth, TX 76129

(817) 257-7226
FAX 257-7290
E-Mail IBR@TCU.EDU
Web site: www.ibr.tcu.edu

March, 2000

© Copyright 2002 Texas Christian University, Fort Worth, Texas. All rights reserved.
Step 8 maps

We made a list of all persons we had harmed, and became willing to make amends to them all.
STEP 8. We made a list of all persons we had harmed and became willing to make amends to them all.

We made a **LIST** of all persons we had **HARMED**, and

This is what **list** means to me.

This is what **harm**ed means to me.

became **WILLING** to make **AMENDS** to them all.

This is what **willing** means to me.

This is what **amends** means to me.
STEP 8: We made a list of all persons we had harmed, and became willing to make amends to them all.

This is a picture of how thinking about people I have harmed makes me feel. (Draw or describe.)

These are some of the people I have harmed.

This phrase means to me.

Mapping Your Steps
STEP 8. We made a list of all persons we had harmed and became willing to make amends to them all.

This is a picture of how I feel about making amends. (Draw or describe.)

This is how I will become willing to make amends.

This phrase means to me:

Def = Definition  Ex = Example  C = Characteristic
STEP 8. We made a list of all persons we had harmed, and became willing to make amends to them all.

This is how I will get myself ready to make amends.

This is how I will make a complete list of people I have harmed.

This is how I would say this step in my own words.