Names, Harms & Willingness

Keep it plain and honest. Transfer names from Step Four; do not edit out the hard ones.

Person, Group, or Institution *Include financial, everyday, deceased, and self-harms.*	Nature of the Harm *One or two sentences: what did my words, actions, or absence cost them?*	Type of Harm *Check all that apply.*	Current Willingness *Check honestly today.*
Name 01:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing
Name 02:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing
Name 03:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing
Name 04:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing

Names, Harms & Willingness (continued)

Keep it plain and honest. Transfer names from Step Four; do not edit out the hard ones.

Person, Group, or Institution *Include financial, everyday, deceased, and self-harms.*	Nature of the Harm *One or two sentences: what did my words, actions, or absence cost them?*	Type of Harm *Check all that apply.*	Current Willingness *Check honestly today.*
Name 05:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing
Name 06:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing
Name 07:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing
Name 08:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing

Names, Harms & Willingness (continued)

Keep it plain and honest. Transfer names from Step Four; do not edit out the hard ones.

Person, Group, or Institution *Include financial, everyday, deceased, and self-harms.*	Nature of the Harm *One or two sentences: what did my words, actions, or absence cost them?*	Type of Harm *Check all that apply.*	Current Willingness *Check honestly today.*
Name 09:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing
Name 10:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing
Name 11:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing
Name 12:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing

Names, Harms & Willingness (continued)

Keep it plain and honest. Transfer names from Step Four; do not edit out the hard ones.

Person, Group, or Institution *Include financial, everyday, deceased, and self-harms.*	Nature of the Harm *One or two sentences: what did my words, actions, or absence cost them?*	Type of Harm *Check all that apply.*	Current Willingness *Check honestly today.*
Name 13:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing
Name 14:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing
Name 15:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing
Name 16:		☐ Emotional / Trust ☐ Financial / Property ☐ Broken Promise ☐ Neglect / Absence	☐ Willing Now ☐ Becoming Willing ☐ Not Yet Willing