Readiness & the Circle of Harm Check-In

Step Eight is about listing and becoming willing. It is not about making contact yet.

1. Separating Step Eight from Step Nine

What specific fear about making future contact has made me hesitate to even write down my Step Eight list?

☐ I remind myself today is only about listing and becoming willing, not rushing into contact.

2. Scanning the Circles of Impact

Check every life area I will gently review as I build my list from my Step Four pages and memory:

☐ Immediate Family & Partners ☐ Children

☐ Friends & Community ☐ Work / Financial

☐ Institutions / Legal ☐ Myself

My Step Eight Guide

Who will look at this list with you before anything else happens?

3. My Step Eight Guide

Who is the grounded sponsor, mentor, or counselor who will review this completed list with me before Step Nine?

Trusted Guide: _____

Target Review Date: _____

Notes