

MORNING MEDITATION WORKSHEET

July 15, 2026 – “Relations with others”

Name: _____

Date: _____

Theme of the Day

“Today I am willing to look honestly at my relationships and, where I've caused harm, find the willingness to make things right.”

1. YES / NO

Do you feel ready to take an honest look at your relationships today?

☐ YES ☐ NO

2. FILL IN THE BLANK

One person who has been on my mind lately is ____.

3. TRUE / FALSE

The Eighth Step asks me to become willing to make amends, not to make them all at once.

☐ TRUE ☐ FALSE

4. MULTIPLE CHOICE

According to the meditation, much of what makes life worth living gets its meaning from:

- A. Being shared with others
- B. Being kept to ourselves
- C. Achieving success alone
- D. Avoiding difficult people

5. YES / NO

Have you ever acted as if the effect on others didn't matter?

☐ YES ☐ NO

6. FILL IN THE BLANK

When I think about examining my past relationships, what I feel most is:

7. **MULTIPLE CHOICE**

The meditation describes self-centeredness as something that:

- A. Every human being struggles with
 - B. Only affects people in recovery
 - C. Can never be softened
 - D. Should be a source of shame
-

8. **TRUE / FALSE**

Becoming willing to make amends means I have already caused harm that can't be repaired.

- ☐ TRUE ☐ FALSE
-

9. **FILL IN THE BLANK**

A relationship in my life that I would like to mend is my relationship with ____.

10. **YES / NO**

Do you believe good company with others is something you can enjoy in recovery?

- ☐ YES ☐ NO
-

11. **MULTIPLE CHOICE**

What does the meditation suggest we look at to help identify who we've harmed?

- A. The writing done in our Fourth Step
 - B. A list of our achievements
 - C. Other people's mistakes
 - D. Our future plans
-

12. **FILL IN THE BLANK**

Something that makes life feel worth living for me is:

13. **TRUE / FALSE**

Taking responsibility for my actions is a part of Step Eight.

- ☐ TRUE ☐ FALSE
-

14. MULTIPLE CHOICE

If today feels heavy and you're not ready to make any amends, the most honest next step might be to:

- A. Simply seek the willingness, without forcing anything
 - B. Pretend everything is fine
 - C. Rush to fix it all at once
 - D. Decide the step isn't for you
-

15. YES / NO

Is there someone whose kindness has stayed with you, even through hard times?

- ☐ YES ☐ NO
-

16. FILL IN THE BLANK

One way my relationships have started to change since coming to recovery is:

17. MULTIPLE CHOICE

The meditation says the quality of our relations with others largely determines:

- A. The quality of our very lives
 - B. How much money we make
 - C. Whether we are liked
 - D. How busy we stay
-

18. TRUE / FALSE

Willingness is something I can grow into over time, not something I have to feel all at once.

- ☐ TRUE ☐ FALSE
-

19. YES / NO

Are you willing to let someone else in a little more today than you did yesterday?

- ☐ YES ☐ NO
-

20. FILL IN THE BLANK

Today, I will put "find the willingness to make things right" into action by:
