

Practical guide to Step 9.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

Do nothing in this Step until you have been instructed by your Sponsor!

Read from page 76 until Step Ten on page 84!

Once you have discussed the amends with your sponsor and you have a sincere desire to set right wrong as well as the ability to show your good will, call the person to whom you are making amends. The person may not take or return your call. If this is the case there is nothing more you can do. When you call the person you might say something like this:

"As you probably know, I have problems with alcohol. I am working the 12 Steps of Alcoholics Anonymous to recover from my alcoholism. The 9th Step directs me to make amends to people I have harmed or wronged. You are one of them. Would you be willing to meet me when it is convenient for you?"

When the meeting takes place you go to the person in a helpful and forgiving spirit, confessing our former ill feeling and expressing our regret, and say something like this:

"I have been selfish, dishonest and inconsiderate in my relationship with you... (tell the person specifically how you harmed them) I deeply regret my actions and wish I could undo them. Please tell me if I have harmed you in any other way and what I can do to make things right between us."

And now you let the person talk, **without interrupting**.

- This is NOT a discussion.
- Do NOT suggest how you can make amends.
- You have NO clue what the person thinks, feels, etc...
- You are NOT apologizing, that would be selfish.
- It is NOT about you!

It is about the person you harmed. You are before this person to make it right!