Step 9 Workbook v2: Made Direct Amends Wherever Possible, Except When to Do So Would Injure Them or Others

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

This is the step of action. Making amends is not just saying 'I'm sorry'—it's taking responsibility and changing behavior. We repair what we can, face what we've avoided, and learn to walk through fear. This is where spiritual growth becomes visible.

Reflection Questions

1. What is the difference between an apology and a true amend?

2. Which amends feel the most urgent to make—and why?

3. Which amends are you avoiding—and what are you afraid might happen?

4. How can you make amends without reopening old wounds or causing new harm?

5. Where do you need to listen more than speak when making amends?

6. What does it mean to approach someone with no expectations of their response?

7. How do you know if you're truly ready to make a particular amend?

8. What does living amends mean to you—and where might that be the right path?

9. How do you stay spiritually grounded when you're scared of rejection or confrontation?

10. How might your actions demonstrate change more powerfully than your words?

11. Where do you need to forgive yourself—even as you take responsibility?

12. What would it feel like to walk through life with nothing left to hide or regret?

Quotes from AA Literature

Big Book (4th Edition)

"Although these reparations take innumerable forms, there are some general principles which we find guiding." — Big Book, p. 83

"We attempt to sweep away the debris which has accumulated out of our effort to live on self-will." — Big Book, p. 76

"If we are painstaking about this phase of our development, we will be amazed before we are halfway through." — Big Book, p. 83

Twelve Steps and Twelve Traditions

"Good judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine." — 12 & 12, Step 9

"Above all, we should try to be absolutely sure that we are not delaying because we are afraid." — 12 & 12, Step 9

"There can only be one consideration which should qualify our desire for a complete disclosure of the damage we have done. That will arise in the occasional situation where to make a full revelation would seriously harm the one to whom we are making amends." — 12 & 12, Step 9

Plain Language Big Book

"This step is about repairing damage, restoring trust, and rebuilding integrity." — Plain Language Big Book

"It's not about being forgiven—it's about doing what's right." — Plain Language Big Book

"Making amends isn't always easy, but it frees us to move forward without guilt or shame." — Plain Language Big Book

---

Alcoholics Anonymous, Fourth Edition ©2001 A.A. World Services, Inc. All rights reserved.
Twelve Steps and Twelve Traditions ©1981 A.A. World Services, Inc. All rights reserved.
Plain Language Big Book ©2023 A.A. World Services, Inc. Used with permission. All rights reserved.

Affirmations

Write affirmations about courage, integrity, and your commitment to walk in truth and love.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer asking for wisdom, clarity, and humility as you prepare to make direct amends—guided by love, not fear.