



How To Work Step Nine

FOLLOW THROUGH

Step Nine: "I made direct amends to all persons except when to do so would injure them or others."

It is time to roll up your sleeves and get to work! You have completed your list of persons harmed and you're going to do something about it now.

It is time to make amends. This is a way to "lay aside the weight that so easily besets" you (Hebrews 12:1).

First, let's be sure you're ready. Look at your list again. Is there a name or two or three that you have overlooked? If so, add them and briefly identify the nature of the injury (using only a word or two). This will quickly bring to your mind the episode(s) to be resolved . . .

	<i>Name</i>	<i>Injury</i>
#1	_____	_____
#2	_____	_____
#3	_____	_____
#4	_____	_____
#5	_____	_____
#6	_____	_____
#7	_____	_____

This exercise also serves to remind you of ways or methods you might utilize in making amends. But, don't get the *cart before the horse*. Clearly identify *your* own role in Step Nine. All you can do is

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Step 9 has been one of the most gratifying steps for me. As I made (and make) each of my amends (learning how to treat others better), my self-esteem has Step Nine. By: Mandy R. Keep It Green. "We made direct amends to such people wherever possible, except when to do so would injure them or others." The first We now approach our actions of working Step Nine with the spiritual principles we have learned. In working the Steps we have found humility, honest and In Step 9, however, as we prepare to execute this step, we use a high degree of discretion regarding to whom we will make amends and when this should Step 9 of the 12-step program is one of the most important steps in recovery. Here's how to make amends, avoiding those worrisome situations How Do You Complete This Step? Use good judgment. Have a careful sense of timing. Be courageous and cautious. How to Select People to If I harmed someone, and then in the course of working the steps reach a point to make an amend, it is my duty to sit down with the person and Step Nine is the actual act of making amends with the people you may have harmed in your active addiction. Learn more about working Step Step Eight and Step Nine of AA (Alcoholics Anonymous) call this approach ... Generally speaking, people work through the Steps of Alcohol Step 9 requires the recovering alcoholic to be willing to go to any lengths ... recovery programs, such as for drug use and excessive gambling.

Step Nine. Made direct amends to such people wherever possible, except when to do ... We are not saying these things in order to elicit sympathy or to use our How to Work Step Nine. Separate your list of direct and indirect amends. Identify those individuals with whom it is appropriate to make direct That is why the second half of step nine reads "except when to do so would injure them or others." It may be that the harm you have done to You've probably already discovered that by staying clean and sober and by working the Twelve Steps of AA that things are getting better. That's because we are So let us have a look at step 9: "Made direct amends to such people wherever possible, except when to do so would injure them or others." First some definitions:. In this way, steps four and five inform the later work of step eight. ... But, if you are working step nine with the expectation that you will receive Step Nine. "Made direct amends to such people wherever possible, except when to do so would ... But even in these cases, we may need to use a little more dis-. Made direct amends to such people whenever possible except when to do so would injure them or others. By the time you reach Step Nine, In the 12 steps of the Addiction Recovery Program, step 9 focuses on restitution and ... Use these scriptures and questions for meditation, study, and writing.. We'll cover this in more detail below. Table of Contents. What Is Step Nine? What It Means; How to Practice ...

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