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

In the 9th Step, review your 8th Step worksheet and complete the following. Your 9th Step approach needs to be discussed thoroughly with your sponsor, counselor or mentor in 12 Step recovery.

1. List the type of amends. (Reconciliation, emotional, financial or other, to be made to others or self)
2. Direct or indirect amends. If there could be harm to others, or the person is not available for direct amends, an indirect amends is made. What method are you going to do? If indirect, how will you administer the amends process and how will you know you have accomplished the task.
3. Write what you intend on saying. Try it out in front of a mirror, and with your sponsor or mentor in recovery.
4. Contact the person for making your amends. Schedule an appointment time and location. Write their reaction to your contact. (Favorable, guarded, rejected or other)
5. Write a summary of what the results were and discuss with your sponsor or mentor in 12 Step recovery.

Use this format on next page for your 9th Step amends list; (Victimization should not be listed in this format, we will process those at the bottom of this worksheet, after the initial amends list.)
1. List the type of amends. (Reconciliation, emotional, financial or others)

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2. Direct or indirect amends. If there could be harm to others, or the person is not available for direct amends, an indirect amends is made. What method are you going to do?

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3. Write what you intend on saying. Try it out in front of a mirror, and with your sponsor/mentor in recovery.

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4. Contact the person for making your amends. Schedule an appointment time and location. Write their reaction to your contact. (Favorable, guarded, rejected or other)

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5. Write a summary of what the results were, and discuss with your sponsor or mentor in 12 Step recovery.

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5. Write a summary of what the results were, and discuss with your sponsor or mentor in 12 Step recovery.

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5. Write a summary of what the results were, and discuss with your sponsor or mentor in 12 Step recovery.

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*Victimization may have left unresolved emotions and interpersonal conflict. Making amends in these issues is for personal healing and resolution. Contacting the offender in coming to resolution is not necessary. Use the following format for victim resolution (Self-Care) worksheet.

In the 9th Step, review your 8th Step worksheet and complete the following. Your 9th Step approach needs to be discussed thoroughly with your sponsor, mentor or counselor in 12 Step recovery.

Ask the following questions for each victimization incident.

A. Are there any other people who are supportive of you that you need to discuss your victimization with, example: family member, counselor, minister, etc.?

B. Make a list of self-care and self-nurturing activities that you can do to begin/continue the healing process.

Self-care worksheet

1# incident

A. Are there any other people who are supportive of you that you need to discuss your victimization with, example: family member, counselor, minister, etc.? (Be sure to set up an appointment and be in a safe place that you feel comfortable with.)

1. _______________________________________

2. _______________________________________

3. _______________________________________

B. Make a list of self-care and self-nurturing activities that you can do to begin the healing process.

1. __________________________________________________________________________________

2. __________________________________________________________________________________

3. __________________________________________________________________________________

#2 Incident

A. Are there any other people who are supportive of you that you need to discuss your victimization with, example: family member, counselor, minister, etc.?

1. _______________________________________

2. _______________________________________


B. Make a list of self-care and self-nurturing that you can do to begin the healing process.

1. ______________________________________
2. ______________________________________
3. ______________________________________

#3 Incident

A. Are there any other people who are supportive of you that you need to discuss your victimization with, example: family member, counselor, minister, etc.?

1. ______________________________________
2. ______________________________________
3. ______________________________________

B. Make a list of self-care and self-nurturing that you can do to begin the healing process.

1. ______________________________________
2. ______________________________________
3. ______________________________________