

SESSION 17

STEP 9 Into Action pp. 76 - 84

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

The spiritual life is not a theory. We have to live it. (83: 2)

Take Step 9

I ON YOUR OWN: STUDY – What did the Big Book authors say?

- **READ** Read pages 76 - 84 in Chapter 6, Into Action on Step 9. Many read Step 9 in the *12&12*. *Reparations take innumerable forms.* (79: 1)
- **WRITE** Take a name, and decide what action is needed to re-create the best possible relationship with that person.
- **TALK** Talk with your sponsor and other members of the group. Review the written directions as they are in the Big Book. [Optional *12&12*, 84: 1]
 - Making amends means being able to say you are sorry, that you make mistakes, that you care, and that you are growing and changing.
 - Keep it a pure and simple amend and nothing else.
- **PRACTICE DAILY MEDITATION / PRAYER** We are not alone.

II WITH THE GROUP: PRACTICE – What does the Big Book say to me about my practice of Step 9?

- We may read pages 76-84 in Chapter 6, Into Action on Step 9. ~Support is needed to carry out this Step. ~We can only do the part we are responsible for when we make amends.
- Step 9 requires patience, thoughtful self examination, and restraint.
- Group members may share their experiences with this Step by the Big Book.

Points of Focus and Reflection (76: 3-78: 0; 79: 1-80: 1; 81: 1-82: 1; 83: 1-84: 1)

1.) Ask for willingness

- How is making amends a commitment to a continuous process of change?
- Why is making amends more than just saying, "I'm sorry?"
- What about financial amends? What behaviors do I need to amend?
- Do I owe amends to people who have also harmed me? (77: 1)
- Do I owe amends to anyone who is dead? What was special about that person that I might be able to use in planning my amends?
- Am I genuine in making my amends, or do I have hidden motives, such as to gain acceptance or love from someone else, or to prove them wrong and me right?
- Can I let go of the outcome, knowing that I have no control over the other person's response?

2.) Direct amends

- The Big Book states that in making amends:
 - We become ready, and *we have obtained permission.* (80: 1)
 - *We...have consulted with* [our sponsor or] *others.* (80: 1)
 - *We...asked God* [of our understanding] *to help.* (80: 1)
 - *We ask that we be given strength and direction to do the right thing.* (79: 1)
 - *We are trying to put our lives in order... [and] to be of maximum service to God and to the people about us.* (77: 0)
 - Face to face, we make *direct amends.* (59: 2)
 - *We go out to our fellows.* (76: 3) *We go...in a helpful and forgiving spirit.* (77: 1) *We secure their consent.* (80: 1)
 - *We will never get over drinking until we have done our utmost to straighten out the past.* (77: 2)
 - We have a *sincere desire to set right the wrong.* (77: 0)
 - *We are there to sweep off our side of the street.* (77: 2)
 - *Their faults are not discussed. We stick to our own.* (78: 0)
 - *Confessing our former ill feeling and expressing our regret.* (77: 1)
 - *We should admit our fault.* (81: 1)
 - *We are sorry for what we have done and...it shall not be repeated.* (81: 1)
- Step 9 Promises: Do I now *know a new freedom and a new happiness?* (83: 4)

3.) Will making direct amends injure them or others?

- Will I be harming the person or others further by making amends?
- When I feel guilty, do I put them in the position of having to take care of me?
- Talk with your sponsor and other group members about how these amends might be made.

III DAILY PRACTICE OF STEP 9 PRINCIPLES

- How may I accept responsibility for the harm I caused and for repairing that harm? How may I give of myself and be of service to others?
- May I accept that my love and tolerance also extend to myself?
- How may I let go of all my expectations about how my amends will be received?
- For what have I forgiven myself?
- How may I accept that my recovery is the ‘living amend’ I make to myself?

IV Take Step 9 – Make the amends for this day.

We take Step 9 in paragraph 3 on BB page 76.

We go out to our fellows and repair the damage done in the past. (76: 3)

Upon completing the first three amends or so, we continue Step 9 while proceeding with Step 10, Step 11, and Step 12 on a daily basis.

Mark taking Step 9 in the manner that your group sees fit.