

STEP NINE

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

Principle	Theme	Action	Defect	Result
Discipline/ Justice	Atonement	Make amends	Rationalization/ Procrastination	“The Promises”

PRAYER

- God, give me strength & direction to do the right thing, no matter what the personal consequences may be {BB, p. 79}.
- Higher Power, I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends. Most important, I will continue to make amends by staying abstinent, helping others, and growing in spiritual progress.

REWARD - REAL FRIENDSHIP instead of loneliness

NOTES

- STEP SIMPLIFIED: *Fix what I can without hurting anyone.*
- Pre-AA STEP: *I got even whenever possible, except when to do so would injure me.*
- HOW TO WORK THE STEP: **BB page 76**, para. 3, lines 6-11, through page 83
- Steps 8 and 9 “Get Right with Fellowman”
- If we haven’t the will for this, ask until it comes
- Refrain from emphasizing spiritual aspect at first, to avoid prejudicing them (**BB**)
- 12 & 12** types of amends:
 - Those to do ASAP (Family [keep it general]; Work [but use discretion])
 - Those to make partial restitution – when full disclosure would harm them or others (eg Adultery)
 - Those to defer – until grounded in AA
 - Those we’ll never be able to make – e.g. harming innocents
- Joe McQ**’s process:
 - Direct amends* (face-to-face) best; “*can I make it by mail? Sure, if you harmed them by mail.*”
 - Wherever possible*: Leave outcome & timing to God; don’t do them all right away (life work)
 - Re-order list: NOW, LATER, MAYBE, NEVER
 - Start with easiest in NOW: easiest get immediate benefit; hard ones may derail us early
 - NEVERs we have to live with, but circumstances may make them possible later

REFERENCES: - BB - Chapter 6 - Into Action p. 76-84

PROMISES:

- If our manner is calm, frank, and open, we will be gratified with the result.* {BB, p. 78}
- Rarely do we fail to make satisfactory progress.* {BB, p. 78}
- If we are painstaking about this phase of our development, we will be amazed before we are half way through* {BB, p. 83}
- We are going to know a new freedom and a new happiness.* {BB, p. 83}
- We will not regret the past nor wish to shut the door on it.* {BB, p. 83}
- We will comprehend the word serenity and we will know peace.* {BB, p. 83-84}
- No matter how far down the scale we have gone, we will see how our experience can benefit others.* {BB, p. 84}
- That feeling of uselessness and self-pity will disappear.* {BB, p. 84}
- We will lose interest in selfish things and gain interest in our fellows.* {BB, p. 84}
- Self-seeking will slip away.* {BB, p. 84}
- Our whole attitude and outlook upon life will change.* {BB, p. 84}
- Fear of people and of economic insecurity will leave us.* {BB, p. 84}
- We will intuitively know how to handle situations which used to baffle us.* {BB, p. 84}
- We will suddenly realize that God is doing for us what we could not do for ourselves.* {BB, p. 84}
- Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them* {BB, p. 84}

Step 9

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

- a) . . . we are trying to put our lives in order. But this is not an end in itself. Our real purpose is to fit ourselves to be of maximum service to God and the people about us. {BB, p. 77}
- b) Very often the apology, either verbal or written, tends to put us directly in pursuit of humility, and enables us to fight the great battle against pride. It really does cost us a lot of our pride and perhaps some of our arrogance to acknowledge to another that we were wrong in any way . . . we should try to be absolutely sure that we are not delaying because we are afraid. {12 & 12, p. 87}
- c) To make amends can be viewed two ways: first, that of repairing damage, for if I have damaged my neighbor's fence, I "make a mend," and that is a direct amend; the second way is by modifying my behavior, for if my actions have harmed someone, I make a daily effort to cause no further harm. I "mend my ways," and that is an indirect amend. {unknown}
- d) Which is the best approach? The only right approach, provided that I am causing no further harm in so doing, is to do both. If harm is done, then I simply "mend my ways." To take action in this manner assures me of making honest amends. {Daily Reflections, p, 265}
- e) Do we lay the matter before our sponsor or spiritual adviser, earnestly asking God's help and guidance - meanwhile resolving to do the right thing when it becomes clear, cost what it may? {12 & 12, p. 86}
- f) . . . I have learned how to be honest. What a relief! No more ducking or dodging. No more tall tales. No more pretending to be what I am not. My cards are on the table, for all the world to see. "I am what I am," as Popeye used to say in the comics. I have had an unsavory past. I am sorry, yes. But it cannot be changed now. All that is yesterday & done. But now my life is an open book. Come and look at it, if you want to. I'm trying to do the best I can. I will fail often, but I won't make excuses. I will face things as they are & not run away. Am I really honest? {unknown}
- g) Many people love things and use people. We must learn to use things and love people . . . Most selfish, self-centered people . . . have run people off; they don't really see the purpose of having other people in their lives. . . But human beings were made to rely on God and each other. People who rely on self cut themselves off from God and other people and make their lives hard. . . The more successfully a person is living, the more people he has in his life. {Steps We Took, p. 117}
- h) You make a list of all persons you have harmed, starting with yourself, family, friends, employers, employees, etc. If the person was involved in the occult, God's forgiveness must be asked. We discuss briefly this list, and ask if they are willing to make restitution and amends. (Since the sponsor is boss - you really don't ask... it is assumed.) Then restitution is made to all as soon as possible, except in certain instances where it is turned over to God. They will have done STEP NINE: by making restitution. After doing these 9 steps, your slate is wiped clean. You are reborn as it says in the Big Book on page 63, "We were reborn." II Corinthians 5:17 says, "Therefore if any man is in Christ, he is a new creature: the old things are passed away; behold, all things are made new!" {Clarence Snyder 1944 - A.A. Sponsorship Pamphlet}

BB [1]

1. If we haven't the will for this, ask until it comes
2. Putting our lives in order, but this is not an end in itself. Real purpose is to be of maximum service (*quote*)
3. Place the outcome in God's hands (p. 80)
4. Refrain from emphasizing spiritual aspect at first, to avoid prejudicing them:
 - People are more interested in demonstration rather than sermonizing [2]
 - But bring up God when it will serve good purpose
5. Amends to an enemy
 - Harder, but more beneficial to us
 - Take the lead even if he's harmed you, confess ill-feeling, express regret
 - Do not criticize or discuss his faults
 - 90% of time "the unexpected happens" and new relationships are formed
 - Doesn't matter if they throw us out – [this is for us, not them] we did our part [2]
6. Financial Amends
 - Don't be shy about disclosing our alcoholism (!)
 - We must lose our fear of creditors
 - Arrange the best deal you can! [2]
7. Criminal Amends -- no hard rules, but general principles:
 - Ask for strength, willingness and direction to do the right thing no matter what
 - Don't martyr self if it impacts others (e.g. family) [2]
 - Consult with those impacted and get their consent; take the drastic step if indicated! [2]
8. Adultery Amends – "*usually have to do something*", but...sometimes "*attack on the flank*":
 - Usually don't tell if they don't know (the "don't hurt others" guideline)
 - If they know generalities, don't name your partner (ditto)
9. Other Family Amends – is sobriety enough? [2]
 - No! A Remorseful "I'm sorry" is not enough. Long period of reconstruction ahead.
 - Analyze past with them, but don't criticize them.
 - Ask each morning for "*way of patience, tolerance, kindness and love*".
 - Don't force spirituality on the family...our behavior more convincing than our words.
10. Miscellaneous:
 - May be some wrongs we can never fully right
 - If you can't make the amends, don't worry about it if you're willing
 - Send a letter to someone you cannot see
 - Don't delay an amends if possible
 - Be sensible, tactful, considerate and humble, but don't crawl before anyone [2]
11. THE PROMISES! [4]

12x12 [1]

1. Qualities we'll need to employ: "good judgement, ... timing, courage, and prudence
2. Classes of Direct Amends:
 - Those to do ASAP
 - Family: general admissions; use judgment about the worse episodes; not at expense of others
 - more discretion at work; make sure sobriety is solid first; make restitution you can
 - Watch out for "trying to make them understand" if they are cool toward you
 - Don't let first few amends tempt skipping (or rationalizing) other, tougher ones
 - Don't use prudence as a reason for procrastinating or evading
 - Those to make partial restitution – when full disclosure would harm them or others (eg Adultery)
 - Those to defer – until grounded in AA; cases where they may be unaware; no need to grovel
 - Those we'll never be able to make – Same points as "Criminal Amends" in BB, i.e. harming innocents
3. No pat answers; depend on guidance from sponsor or spiritual advisor.
4. Spirit of the step – willingness to accept consequences and take responsibility

The Steps We Took (8 & 9)

1. Why?
 - Remove things that block us from God (guilt & remorse; resentments; fear)
 - Return to God's original design for us – to rely on Him and other people (see *quote*)
 - Clear away past from controlling our present
 - Build relationships on something firm, not their validation

2. We do this for OUR benefit:
 - NOT for the benefit it brings the other person (113)
 - NOT to be liked (117)
3. What about what other people think about us?
 - Most people are actually not thinking about us at all
 - Natural for some concern (helps us monitor selves), but like water, we need it but not 20 feet of it
4. Joe's process:
 - *Direct amends* (face-to-face) best; "*can I make it by mail? Sure, if you harmed them by mail.*"
 - *Wherever possible*:
 - Leave outcome to God
 - Leave timing to God
 - Don't do them all right away
 - Amends may occur over a lifetime
 - Re-order list: NOW, LATER, MAYBE, NEVER
 - Start with easiest in NOW
 - Never get result of a step until we take it
 - Easy ones get us some benefit fast and encourage more amends
 - Hard ones may derail us
 - Gets easier after we've done a few ... the dread leaves us (p. 128 in step 10)
 - NEVERs we have to live with
 - but circumstances may make them possible later
 - get relief from being able to talk about them

Divine Therapy and Addiction

1. Consequences of the human condition:
 - Illusion – the false-self in pursuit of happiness