

Making Direct Amends

The Twelve Steps

Step-Working Guide · The Recovery Files

In this workbook

1. **Making Direct Amends** — key ideas, worksheet

Each topic's scored self-assessment and mind map are in the app.

TOPIC

Making Direct Amends

KEY IDEAS

Making Direct Amends

Step Nine Comprehensive Overview

Step Nine represents one of recovery's most challenging and transformative experiences—making direct amends to those harmed by addiction. It requires moral courage, practical wisdom, and emotional regulation.

Beyond Apologies

Concrete Repair

Amends are not just apologies. They involve direct confrontation with the harm we've caused and courageous acts of concrete repair where possible.

Navigating Complexity

First, Do No Harm

The complexity lies in balancing responsibility for our actions while protecting others from further harm. This requires sophisticated judgment and often consultation with a sponsor.

Facing Vulnerability

Radical Honesty

Step Nine demands radical honesty about our impact on others. We face the risk of rejection and the challenge of accepting that some relationships may never be repaired.

Overcoming Perfectionism

Progress, Not Perfection

Many struggle with perfectionism, avoiding amends out of fear or trying to control outcomes. The goal is to focus on our own responsibility to make things right, not to control others' reactions.

Transformative Service

Self-Centered to Other-Centered

Authentic amends move us from self-centered fear to other-centered service. We make amends to heal relationships and serve those we harmed, not just to relieve our own guilt.

WORKSHEET

Ninth Step Comprehensive Worksheet

REFLECTION

Understanding Your Approach

What category of Ninth Step challenge affects you most powerfully, and why?

How have your attitudes toward amends evolved throughout your recovery journey?

What factors or situations tend to intensify your Ninth Step challenges?

CHALLENGES

Identifying Specific Barriers

Fear and Avoidance

Examples of amends you are avoiding due to fear:

Self-Centered Motivations

Examples where you focused on your relief or image:

Perfectionism and Control

Examples of waiting for perfect conditions or trying to control outcomes:

PREPARATION**Developing Skills**

What strategies help you maintain appropriate motivation during amends preparation?

How do you balance thorough preparation with avoiding perfectionist paralysis?

What recovery resources do you mobilize when facing difficult amends decisions?

ACTION**Amends Action Plan**

Specific amends challenge to address:

Goal for this amends:

Step-by-step plan (including timeline):

Potential obstacles and how to handle them:
