

Step Nine Worksheet with Questions

Worksheet for Step 9 of 12 Step Programs

Step 9

With a list of individuals in place, we now need to be very careful. The questions here will help us make amends in the right way and for the proper reasons. In the past, we have tried to apologize or make amends, but often had ulterior motives for doing so. We must avoid this problem as much as possible. Remember, it is also not too late to add people who come to mind to the list. Indeed, the list should be seen as a living breathing one and not a finalized document.

Step 9 Questions

Have you already made amends to anyone? What did they consist of? Were they sufficient? What did you learn from them?

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?

Am I trying to make the individuals on the list guilty? If so, why? Remember the idea is to make amends and not have the people you harmed console you.

Do you feel anger towards anyone on the list? If so, write a letter expressing all your reasons for anger. **DO NOT SEND IT.**

Figure out with your sponsor how to get rid of that anger. What mechanisms did you use? Did they work?

Write an apology and/or statement of amends for each individual you believe deserves one. **DO NOT SEND IT.**

Design a list of actionable amends to each person on your list.

Show the written apologies to your sponsor. Show the list of actionable amends as well. Your sponsor should now tell you if they sound sincere, or if an ulterior motive shows through. Write down your sponsors' comments.

Try to roleplay at least one process of amends making with your sponsor. Now you should be ready to make amends.

What happened in your first few attempts? What did you learn from them? How can you improve in the future? Remember this is a process and not a single event.

Did you have a desire to defend yourself? How did you deal with it?

How has this process affected your relationship with others?

Did you realize you have to make further amends? To whom? Write a list.

How step 9 helps us recover: In completing these steps, you have made a massive undertaking. You have made amends for many of the wrongs committed in our lives. Making amends is a life-long process but we have climbed the steepest part of that hill. We admitted our wrongs and have learned how to make amends in the future.

Read more about [step 9, making amends and the 9th step promises](#).