

## Sponsor/Sponsee Ninth Step Worksheet

*◆We made direct amends to such people whenever possible except when to do so would injure them or others.◆*

This Step is quite simple when we approach it with an attitude of positive expectancy. This is the last of the cleansing and releasing Steps. Many doors in our recovery will begin to open for us after we complete this Step. Our growth will astound us. Knowing this alone can give us an attitude of positive expectancy.

We do exactly as this Step says- we make direct amends to such people whenever possible. But what about those people whom we cannot locate and those people whom we never knew their names, all those Faceless People?

Remember the first name we put on our list is our Higher Power. We can make amends through our Higher Power to all those Faceless People and those we cannot locate. The second name on our list is ourselves. A question we may ask is, ◆How do we make amends to ourselves?◆ We must realize we started to make amends to ourselves the day we walked into NA. We continue to make amends to ourselves as we live the Steps and carry the message of NA to other addicts. We can never give away more than we have because as soon as we give it away, our Higher Power gives us twice as much as we gave.

The next part of the Step is, ◆Except when to do so would injure them or others.◆ We must remember this in trying to make amends. The amends itself may injure the person you are trying to make amends to. Let us explain. For instance, suppose you injured someone in your addiction by stealing from them. They trusted you and never knew you stole from them. In verbally making the amend you may injure them by shocking them and causing them to have a resentment. You may want to handle this amend by anonymously reimbursing them and making your amends through your Higher Power. It is important to go over each of your amends with your sponsor to get direction on how to make each of your amends so you don't injure them. Also, when the Step refers to them and others, you are part of others. You must make sure that the amend does not injure you. That would be pure irresponsibility. Again, we must stress that you go over your list one by one with your sponsor.

One last word on your Ninth Step. Many addicts would like to justify why not to make amends. This is our disease. The step does not say others are to make amends for us. No matter what they did to us, this Step tells us we are to make direct amends.

Write the answers on a separate piece of paper and return to your Sponsor.

1. What type of attitude must we have when we do this step and why?
2. How do we make amends to people we cant locate?

3. Under certain circumstances can amends injure someone?

4. Why is it important to go over your list with your Sponsor?

Spiritual Principle: Integrity