

Arizona Step Study Step Nine Assignments

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

Do these four assignments in Week One if you can:

- Define all the words in Step Nine
- Read all the literature you have on Step Nine, including the COSA Step Nine booklet.
- Answer questions in COSA's Step Nine booklet.

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Continue with your Step Nine work over the next weeks or months:

- Review Step Eight work with your sponsor. Make a plan to start your amends. Try to shoot for one or more amends a week if that is possible.
- If people are unavailable, make plans to make some sort of amends. See below for ideas.
- Make restitution where possible. At the least, make plans for restitution.
- We may write about our experiences after we complete Step Nine

Some tools to remember when working Step Nine:

Self-care is important. Some consider this the most challenging of all the Steps. Take your time but keep moving forward. If you get stuck, talk to people who have successfully completed Step Nine and ask them how they got through it.

Work closely with your sponsor, who will help you decide what the appropriate amends might be.

Starting with the easiest amends often will give you courage to move forward with more difficult amends.

Bookend amends if that would help by talking to your sponsor or other person directly before and after an amends.

Remember the rule of Step Nine- do the footwork and leave the outcome to God. A good amends is a good amends regardless of how the other person responds.

You can begin your Step Ten before you complete all your amends. But keep working on your amends.

Trust the process. Many say Step Nine is the most life-changing of all the Steps.

Be creative! If a straightforward, direct amends is not possible, do something appropriate.

Talk to your sponsor if you feel a particular amends would injure someone else.

Generally, we avoid making an amends only if it would injure someone else, or put us in danger. For example, we would not make direct amends to the partner of a person we had had an affair with, if that partner was unaware of the situation. Also, we might decide not to make direct amends to a stalker. In these cases, there are other ways to make amends.

Make indirect amends to those people who have died by paying forward restitution to a family member of that person or a charity. We can also write a letter to the deceased person, read it to our sponsor or someone else, and destroy it.

Steps Eight and Nine call for a direct amends wherever possible. Direct Amends would call for a face to face apology, restitution, and statement of change. Living amends means to live differently, and to cease the harmful behavior.

A definition to consider:

Amends: A statement of spiritual change, compensation for a loss, damage, or injury. to change and improve (something, such as a mistake or bad situation.)