



**Step 9**  
**“Made direct amends to such people wherever possible, except when to do so would injure them or others.”**

When I first came into the rooms I had no experience with Alcoholics Anonymous. So when I sat down for my first meeting I looked up and saw The Twelve Steps for the first time. Many things jumped out at me right away but the thing that jumped out at me the most was when I read Step 9. Making direct amends to those I had harmed. That terrified me as I thought of the damage I had caused throughout my drinking career. Soon thereafter I heard a lead about the Ninth Step where the speaker was an architect and a design he had created caused damage to a building where people had been hurt. He was currently in litigation and had been sued over it. He of course, had admitted what he had done and was trying to make it right. That caused me to have irrational thoughts about all of the dumb and reckless things I had done and wondered if I was going to have to go back through my childhood and figure out everything I had ever done. That thought gave me waking nightmares, but then I realized that if this guy could go through what he was going through, I could handle going through what I had to do to clean up my mess. Of course this was realized with many discussions with my Sponsor where the main message was not to worry about Step Nine and to just concentrate on the step I was working. When I started Step Nine I had become ready and willing to make the amends I needed to make.

The amends process is a beautiful and freeing step. It allows me to go back through my past and start to right the wrongs I had caused. It allows me to clean up my side of the street. Obviously, working this step with my sponsor was paramount. I had my list of those I had harmed and we went through it to make sure I had a thorough and complete understanding of what I was doing. There were some on my list where I was instructed not to contact. It was explained to me that my motives for the amends must always be looked at to make sure they are not self serving; and that I wouldn't cause any more harm by making the amend. Once I had my list we formulated a plan and I was able to start the process. I was extremely nervous and also scared. As I started to take responsibility for the harm I had caused, I found the reception of these amends were very positive. Some amends I traveled for the purpose of doing the amend. Some I found were amends of opportunity. As I became more comfortable with the process, it became easier. Most of my amends went very smoothly and I was able to truly begin the healing process with many people I loved and cared about. On the other hand, there were a few that didn't go as well as I hoped and learned that it was okay because I had done my part. Some I was unable to make for one reason or another and I was instructed to make the amend another way, such as a charitable donation, monetarily or service.

The entire process came down to a few key things. First, was the willingness and desire to make things right with the people I had harmed and the world at large. The second was working closely with my sponsor during the whole process. What had started out as terror of the thought of the steps became a desire to make things right. I had to make amends to the people I'd harmed and to the world at large, to restore balance. Today I live with a clear conscience knowing I have done my best to right my past wrongs, and continue to keep it that way.

Mike F



A.A. members in District 43 of Northern Illinois publish this newsletter. Admissions are to keep members informed of local events, service activities and to share experiences and strength in recovery from alcoholism, and its impact on our families. Ideas are those of the authors and not necessarily those of A.A. PLEASE SEND US any articles, ideas, or questions to [groupvineeditor@gmail.com](mailto:groupvineeditor@gmail.com). Comments are most welcomed and encouraged!



**As Bill Sees it:**

Just how and when we tell the truth- or keep silent- can often reveal the difference between genuine integrity and none at all.

Step Nine emphatically cautions us against misusing the truth when it states: "We made direct amends to such people wherever possible, except when to do so would injure them or others."

Because it points up the fact that the truth can be used to injure as well as to heal, this valuable principle certainly has a wide - ranging application to the problem of developing integrity. W, Bill. As Bill Sees It. New York: Alcoholics Anonymous World Services, 1967, Twelve Steps and Twelve pg.70.

**Can you find these suggestions for Prayer and Meditation from the Big Book ?**

Make no requests in prayer for yourself only. Never pray for your own selfish ends. Select and Memorize a few set prayers that emphasize the principles of the steps. Ask a priest, minister, or Rabbi about helpful books and prayers that emphasize the principles of the Steps. Be quick to See where religious people are right. Make use of what religious people have to offer.

**Have you heard?**

- **"Read pg. 417"**
- **"Lead with love."**
- **"Fear is the absence of faith."**
- **" We have a DAILY reprieve."**
- **"Working with other alcoholics.. It works when OTHER activities fail."**



**We are looking for D43 members that are curious or interested in being of SERVICE as the co-chair of The Groupvine. The position starts in January of 2026. We will help with the transition for the positions. Please contact us at: [groupvineeditor@gmail.com](mailto:groupvineeditor@gmail.com)**



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YEARS



One of the more significant phrases that has stuck with me throughout my sobriety is, "If you always do what you always did, you'll always get what you always got." Nothing changes if nothing changes. In my experience, Step Nine was not just about making amends. It was about changing myself and taking responsibility for my actions. I spent so many years apologizing for my actions and behaviors, how I hurt those around me. I always told people, "I didn't plan to ruin my life and hurt everyone in the process," but unfortunately, that was what happened when I put alcohol and drugs into my body. People were tired of my apologies. I was tired of having to apologize. I wanted to change, but I did not know how. I had to do something different. I started handling life different. I stopped saying sorry and took action. Being rigorously honest with myself, and working the first eight steps of Alcoholics Anonymous, allowed me to change. Sobriety allowed me to take responsibility and stop blaming others. My friends and family started to see that things were different. My Ninth Step amends went better than I could have hoped, I regained many relationships I had previously lost during my drinking and using. Those I made amends to saw the change in me, even before I saw it in myself.

Thank you for allowing me to be of service,  
Katie B.



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