

AA Step 9 Worksheet

PERSONAL INFORMATION

Name: _____ Date: _____ dd / mm / yyyy

Sponsor: _____

PART 1: MAKING DIRECT AMENDS

List of Persons to Make Direct Amends To

Name: _____ Relationship: _____

Harm Done:

Type of Amends:

PART 2: INDIRECT AMENDS

List of Persons for Indirect Amends

Name: _____ Relationship: _____

Harm Done:

Reason for Indirect Amends:

PART 3: READINESS AND HESITATION

For each person listed, are you ready to make amends?

Name: _____

Readiness:

Yes No

If you are hesitant or unwilling to make amends, what is holding you back?

Your Thoughts:

PART 4: CONSULT YOUR SPONSOR

Discuss this list and your feelings about readiness with your sponsor.

Sponsor's Feedback:

PART 5: SELF-REFLECTION

What emotions have arisen while preparing for Step 9?

Your Thoughts:

How do you feel after discussing this step with your sponsor?

Your Thoughts:

This worksheet is a tool to help you organize your thoughts and reflections. Review your responses with your sponsor and be open to feedback. Step 9 is about action, and this worksheet prepares you emotionally and mentally for the actions you'll take.

Remember, recovery is a journey, and it's okay to go at your own pace. Best of luck with Step 9.