

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

How have I learned to put actions such as these into the hands of a Higher Power?

Regards to When?

Regards to How?

Regards to Whom?

Regards to Where?

Regards to What constitutes Amends?

How have I learned to not be self-destructive when making amends?

How have I learned to allow others to refuse me even attempting to make amends?

How have I learned to allow others to discount, shame, or try to negate my amends making?

How have I learned to not attempt amends when I am hurting, feeling shame already, or aware of vulnerability to being triggered?

How have I learned to not fall back into old patterns when contacting people from my past with whom I want to make amends?

How have I learned discretion when talking to others about my addiction even when making amends?

How have I learned to let my life in recovery be the amends?