

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

### 9C – Amends to Surrogates

Many times, the original people we harmed are not available. However, often there are many, many people who were harmed in the same way by someone else. We can make the amends to them that they would never get from that other person.

Have I experienced amends from someone similar to those who harmed me? What was that experience like?

How am I encountering people in my recovery journey who were harmed in the way that I harmed others? What is my higher power guiding me to do in these situations?

How can I keep myself safe when dealing with people who have been harmed that way? When it is right for me to keep silent? What signs indicate that it is time for me to speak or to be quiet?

What amends is proper for me to give them?

What limits do I need to keep in mind?

How can I put my own reactions to this situation into the hands of a higher power?