

# AA Step 9 Worksheet

## Personal Information

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Sponsor: \_\_\_\_\_

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## Part 1: Making Direct Amends

### List of Persons to Make Direct Amends To

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Harm Done: \_\_\_\_\_

Type of Amends: \_\_\_\_\_

*(Repeat for each person you are planning to make amends to)*

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## Part 2: Indirect Amends

### List of Persons for Indirect Amends

- Name: \_\_\_\_\_
- Relationship: \_\_\_\_\_
- Harm Done: \_\_\_\_\_
- Reason for Indirect Amends: \_\_\_\_\_

*(Repeat for each person for whom you are making indirect amends)*

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## 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:** \_\_\_\_\_
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#### **Part 4: Consult Your Sponsor**

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

- **Sponsor's Feedback:** \_\_\_\_\_
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#### **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:** \_\_\_\_\_
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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.

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