

AA Step 9 Worksheet

Personal Information

Name: _____

Date: _____

Sponsor: _____

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)

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)

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.

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