

AA Step 9 Journal Sheets

Complete these sheets to prepare to make direct amends in Step 9 of Alcoholics Anonymous

1) What does making amends mean to me personally?

2) What outcome am I hoping for—and how will I handle rejection or silence?

3) How can I demonstrate genuine change through my actions, not just words?

4) What is the safest, most respectful way to reach each person?

5) Are there any situations where making amends might cause new harm?



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