

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

### 9B – Living Amends

In many cases, we can only do “living amends.” The people we want to make amends to are dead or totally unavailable.

What disappointment do I feel that I can’t “make the amends happen” on my time and in my way? What did I want to have happen?

What am I learning about letting amends be a “way of life” rather than a significant event that “makes me feel better”?

What types of situations am I starting to see where I can make a difference in someone else’s life when that person matches something from my past? Instead of harming them, what can I do that would either not harm (avoid contact) or would actually help them?

How am I learning to let a higher power bring situations into my life for me to practice my living amends?

What am I learning about the nature of a spiritual life by letting amends be a natural part of my life?