

Step Nine

**Made direct amends to such people wherever possible,
except when to do so would injure them or others.**

Summary

- In Step Nine we make our best effort to contact the people we have harmed, admit the wrongs we have done them, express our remorse, and offer some kind of reparation.
- We call this process *making direct amends*.
- When setting things right, we consider what would be appropriate in each case. If we took money or property, we do our best to replace it...If we were distant and neglectful, we can make ourselves available and emotionally present.
- We want to be sure we are not using the amends process as an excuse to re-engage with people who prefer not to have contact with us.
- Sometimes we might ask through a third party if contact for an amends would be appropriate.
- If we have good reason to believe that we will do someone harm by making contact, then we refrain.
- We seek the counsel of our sponsor and other members who have experience working this step.
- If we cannot make our amends directly, we can still take meaningful actions.
- Rather than be overwhelmed by the number of people on our Eight Step list, or all of the harm we've done over the years, we simply make amends to one person at a time.
- Despite our best efforts and intentions in working this step, regaining the trust of those we have harmed is usually not a quick or easy manner.
- The response of any particular person, positive or negative, is not a measure of how well we make our amends.
- The success of our amends depends only on how honestly and thoroughly we make them.
- We can only make amends to the best of our ability, and leave the rest in God's hands.

Principles

- Restitution
- Humility
- Courage

Promises

- The process that began in the Fourth Step, and culminated in the Ninth, now becomes a part of our lives, a daily stance, a practice that will keep us sexually sober and spiritually connected.
- By continuing to abstinent and work the SAA program, we commit to maintaining this new freedom from the consequences of our acting out.
- Our relationships improve, both with those we have harmed in the past and with new people in our lives.
- We feel free to live in the present and enjoy our lives, no longer having to carry a load of despair, resentment, and fear.
- We see that we are becoming better people, and we begin to experience a new sense of self-worth.
- As a result of accepting responsibility for the harm we have done, even to those who may have hurt us, we glimpse new possibilities for loving and forgiving others.
- If we have been diligent in our amends, we will certainly grow in self-forgiveness too.
- Our faith in our Higher Power increases when we realize that we've squarely faced the wrongs in our past, made amends for them, and received the gift of a better future.
- As we complete our Ninth Step, we know we have done everything in our power to clean up the wreckage of our past and move forward with our slates clean.
- We will now take Step Ten.

(Sex Addicts Anonymous, Pgs 48-52 Third Edition)