

Monday Night How It Works AFG Open Meeting

Date: Nov 8, 2021 - 7-8pm CST - In person only

Topic: Step 9 - Made direct amends to such people wherever possible, except when to do so would injure them or others.

Al-Anon Speaker: Sarah J.

Paths to Recovery Pgs: 90-91

Step 9 is an action Step in which we become humble enough to verbalize our regrets. If appropriate, to the people we have harmed. We cannot undo our past, and we cannot expect those we approach to respond positively, but we can admit our part and do whatever is possible to mitigate the consequences of our past errors.

Step 9 calls for direct amends except when to do so might cause further injury. We want to be careful that we aren't trying to achieve our personal serenity at the expense of someone else.

1. What is the difference between an apology and making amends? Which amends will be best done by changes in my behavior?
2. What harm have I done to my children or immediate family?
3. How can I forgive myself for all the difficulties I've caused myself?
4. How can I plan what I am going to say in my direct amends to be clear and concise and to avoid blaming any other person?

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