

P/09

There are some things I can make direct amends for, some I can only make partial amends for, and some I can not make direct amends for at all.

In some instances, making amends would make certain people aware of things they knew nothing about, therefore causing unnecessary hurt, pain, & anger, ~~just~~ just to relieve my own guilt. The amends I make are mostly for me ... if they make the other person feel better, that is ^{OK} ~~OK~~, but they don't ~~always~~ ~~for~~ ~~people~~ ~~will~~ ~~reject~~ ~~my~~ ~~amends~~, but some people will reject my amends, but, the purpose of making amends isn't the other person's approval or rejection.

0109

I have not done much with this step. I wrote a letter once to my parents. And an old principle I went to see her. A lot with me is fear: of getting yeld. At I guess I really shouldn't let it get in my way. I try to place fear after faith. I must forgive people also, which I have a problem doing, But that's, okay for now, Are maybe a lot of it is anger and we're I'm ^{living at} ~~at~~ ~~it's~~ it's not getting better so I have to change it.

#4 B. Step 9

(97)

2/09

Because I don't have to carry
the guilt of not owning up to
some thing I've done Now I own
it & its up to them to Accept it
or hold on to it & thats their Conscience.

I feel good About All the Amends
I've made so far But I still have
a few to go & All I have to
do, to do it is Make my Mind
up to do so & All of them are
going to make me feel Better
About My Self in the long run
& A recovering Addict needs
all the self Esteem he/she
can get

4-8-98 Hsp.

98

0157

For those who wish to take a more responsible, self-directed approach to such matters, I have a few suggestions to offer.

., although radically effective, is temporarily painful. And the professional "listeners," in both psychiatry and religion, are also loth to encourage us in such a venture, lest it be discovered that we can perhaps get along without them.

If "secret confession," to priests and psychiatrists, had a really good record of accomplishment, we should be glad enough to be spared the embarrassment of having the "ordinary" people in our lives know who we are. But that record is not good; and, reluctantly, many people are today experimenting with open confession of one kind or another. When you stop to think of it, secret confession is a contradiction in terms--secrecy is what makes confession necessary. And it is not surprising that the attempt to cope with unresolved personal guilt by means of continued furtiveness does not work out very well.

if we continue to live the Big Lie with the people who really matter to us? As a result of my on-going experience with group therapy, both in a mental hospital and in ordinary community settings, I am persuaded that healing and redemption depend much more upon what we say about ourselves to others, significant others, than upon what others ' It's the truth we ourselves than the treatment we receive that heals us.

make the most of the opportunities for change and restoration which constantly surround us all. I mean, opportunities for improving the quality of our relationship with members of our families, friends, working associates, and the "strangers" we meet in those groups which are specially designed to provide practice in "getting honest"--and "getting well."

9 STEP WE MADE DIRECT AMENDS TO (99)
SUCH PEOPLE WHEREVER POSSIBLE EXCEPT
WHEN TO DO SO WOULD INJURE THEM OR OTHERS

Making direct amends is kind of hard for me. Cause I've already gone through my share of I'm Sorry's. Maybe to the point that it's almost meaningless to some people. Right now, I've stopped my I'm sorry's and am working on my monetary amends. I guess as soon as I get that straightened out, and I got some money in the bank I can at long last get out and into my own place. Away from most of my lifelong friends, and get on with the business of carrying on my life A productive one, I hope. "Drug and Alcohol Free" I can't really say I've really hurt a lot of people with my actions with the exception of myself. I'm 27, ~~worked steady the last 6 years and have,~~ I would say, absolutely nothing to show for it. But even though I say I haven't hurt a lot of people, there are a lot of instances where I let people down.

The purpose of making amends is to free yourself from the burden of the past. Not to seek a desired reaction from the other party. You can go about making amends by: writing letters, verbal,

Timing is an essential part of this step. We should make amends when the opportunity presents itself, ~~as long as~~ as long as to do so will not cause more harm than good.

Step 9

Had to make
time for

(4)

100

one ~~don~~ doesn't cause more harm than good. You don't go to all hang outs or your cop man's house unless someone is endangered. People have gone to make admends with old friends & they wind up getting off there.

If the person is overburdened, with problems at the time you ~~ad~~ wish to make admends don't be the straw that broke the camel's back. There are a lot of ways to make admends & they don't always have to be money.

I can't afford to pay my rent how can I repay all the people I robbed? Well I speak at schools & church groups, say prayers, & make sure when I get a chance to repay people whenever. This step should be done when the opportunity presents itself. Be

sincere & earnest & you have done your best.

Bartholomew
Carmello

Ninth Step

4

101

Make Direct Admonition to such people wherever possible except when to do so will injure them or others.

This step is a ~~practical~~ ^{practical} direction in our lives concerning other people. All the years of using destruction have put a negative attitude in others about you. It helps you deal with your guilt & others with their anger. Now that doesn't mean that everything is going to be great with others no way but it does mean that it's a start in the ~~our~~ right direction. This step takes a lot of support from your sponsor & a lot of praying to decide what you need to do & to get the courage to do it. Procrastination has killed many good intentions with this step. ~~But~~ It is very important that

#4 B Step 9

(102)

If the answer is yes, we commence, with the guidance of our sponsors or spiritual advisors to take the Ninth Step which, properly taken, makes it finally possible to live free of the past. We can, after taking this step, walk down the street unafraid because there will be no ghosts for us lurking in the doorways.

The Ninth Step of the Narcotics Anonymous program is:

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

We want to get rid of our fear but we neither need nor wish to do so at the price of causing suffering to anyone else. It is very important that we take guidance from our sponsors or spiritual advisors in this matter. A very good approach, though certainly not the only approach to this task, is to take our list to our sponsor and let him or her help us set up a schedule or plan of amends. In some cases we need to repay a sum of money or replace some object of value. This may be beyond our means. If it is, we can only proceed with direction. In many instances we will need to go somewhere, as they say, "with our hats in our hands" that is to say, humbly to ask forgiveness for some old wrong. Sometimes, this will turn out to be a joyous occasion when some old friend or relative proves very willing to let bygones be bygones and welcomes us back to the land of the living. However, some people are not so willing to let go of their bitterness, as we ourselves were once unwilling to let go of it. They may refuse to accept our apology; may refuse to hear us out or return our letters unopened. We must not fall into remorse over this for we have done the best we could.

The point here, as with the other steps, is honesty, open-mindedness and willingness. We try. We do our best. That's all anyone can do.

#4 B Step 9 How it works (105)

We recommend turning over our legal problems to lawyers especially those who have actually helped someone in the program. Professional help is available to help us with our financial and medical problems. An Part of learning to live is not to take on problems and responsibilities that we are ill equipped to handle.

(a). "When has one confessed enough?"

In a general sense, the answer to this question is: Whenever there is no felt need for further confession but no fear of having anyone else know the truth about oneself. We continue, all our lives, to make mistakes and

#4

Step 9

How it works

(104) page 1

woman's reaction to her husband's confession of infidelity was more or less typical. She said: "What a mess! But at least now I know the truth." And on this truth, she and her husband started making a new life for themselves.

Aren't we admonished, somewhere in Holy Writ, to "bear one another's burdens"? Why have the professionals so conveniently overlooked this and started urging us not to reveal ourselves, humbly and honestly, to the people who really matter to us?

There are, of course, some circumstances in which one cannot confess without "hurting" others---although, even here, the effect may in the end be salutary. Consider, for example, the case of an adolescent girl who accepts the advances of a lecherous father and is then overcome by her guilt. Confession of the wrong she has committed obviously cannot be made without implicating "the other person." But the question is: Does he, in this instance, have any right to "sanctuary," any basis for really expecting the daughter to "protect" him? He has already betrayed her and forfeited any claim to loyalty on her part. And surely no one would seriously censure the girl for exposing both herself and her father under the circumstances. Even if the daughter has been somewhat provocative, the father still has little ground for expecting her to shield him. He manifestly should have "known better" than to enter into such a relationship; and even though there was an element of seductiveness on the girl's part (motivated perhaps by the wish to neutralize her father as a moral authority and source of control in her life), the father can claim little consideration. If we were more prepared to be "hurt" by others when we behave in an unworthy manner with respect to them, it might have a decidedly helpful effect on our conduct.

But, in general, it is probably true that we ought to tell our own story and not take anyone else's "inventory." For example, when a husband

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Step 9

How it Works (105)

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confesses infidelity to his wife, she will harm herself far more than she harms her husband if, out of resentment, she extends the "confession" for him. There are very likely other persons he needs to tell, but as long as he accepts the responsibility for what he has done and does not try to place the blame upon his wife, the problem is his, and he should be allowed to handle it as such.

VII.

"But," someone is almost certain to interject, "isn't confession likely to be psychologically dangerous? Regardless of how others react, isn't there a question of what the individual himself may do? What about the possibility of suicide or psychosis?"

This question gains substance from the fact that many psychiatrists, even general practitioners can cite instances in which someone has admitted serious misbehavior more or less openly, to relatives or friends, and then become so disturbed that hospitalization was necessary. On the face of it, such confession, far from being "good for the soul," has just the reverse effect. Much depends, it seems, upon the expectation of the person making the confession and of the persons receiving it. If there is a naive belief that confession, itself, is enough, there is almost certain to be trouble, perhaps very serious trouble. And those who hear the confessions of others and hasten, forthwith, to assure them of forgiveness and acceptance, either human or divine, are performing a very doubtful service.

0057
Considering the need for this chapter in our book, we need to take a closer look at the lives of those affected by our drug addiction. Families, friends and employers are generally baffled by our behavior and the efforts of those who would gain nothing by our improvement but gladness are met with frustration and despair. In the progress of our ~~wix~~ recovery we will be restored to sanity and part of sanity is effectively relating to others. We will less often view people as a threat to our security. Real security in our gut and in our cleanliness will replace the physical ache and mental confusion. We will want to address ourselves to these people with love and patience. Fear of relapse will make many of our most sincere wellwishers reluctant to accept our cleanliness as real. We must remember the pain they have known. In time many seeming miracles will occur. Many of us separated from their children succeed in reestablishing deep emotional bonds. Estranged wives or husbands may be dangerous to our recovery if they fit the category of old playmates. They will need to get us loaded to justify their sickness. If the relationship is real, it will survive. Reacceptance into the family of our birth is eventual. Clean and sober speaks for itself. Patience is the great method in this process. The unconditional love we experience as members of the program will rejuvenate our will to live and each positive move on our part will be matched by an unexpected opportunity.

Families will view our recoveries with a variety of emotions ranging from grateful approval to outright scepticism. We must ~~hold~~ hold true to the path we have chosen and put ourselves first to stay clean and sober. We must beware of becoming too involved with their reaction to our actions. In time ^{we} opportunities to play useful roles in the course of family

step 9--

(4)

(107) except when
to do so
would injure
them or other

MADE Direct Amends to such People whenever possible

I find Through my experience that the 9th step can be a hard thing to handle. That is it is a very touchy subject. (There are some things I can make Direct Amends for, some I can only make partial Amends for, and some I can not make Amends for) When it comes to making Amends to my family for all the things I did to them, and that was quite a lot, I found that I had to keep my Amends general. I didn't want to bring up a lot of old problems. That is I didn't want to bring back a lot of old pain to my parents. (I found that by staying sober I was in fact making the best Amends to my parents that I possibly could) my mother is much happier now when I see her, on any given day, than I can remember her being in a long time. There are some things I have done I can not make Amends for, because (by making these Amends I would be making people aware of things that they knew nothing about. This in my opinion would be causing people pains, just to relieve my own guilt) (I say that because to me making Amends is a way to make myself feel better about something I did wrong. In reality the Amends I make are mostly for me. If they make the other person feel better that is terrific, but they don't always) (some people will reject my Amends, but that's O.K., because I tried. That is I did what I could to right a past wrong) Sometimes when it comes time to make Amends (I find myself thinking of excuses not to, trying to put it off. This is the time I need to push myself to make Amends. ~~A~~ I have to give up prestige to make Amends. I have to let people know that I am not perfect) One thing I can only make

partial Amends for hits to DO with my job. I work
in Quality Control. Any mistakes I may have made while
~~using~~ I CAN NOT DO ANY THING ABOUT. I CAN make
partial Amends By Doing my job to the Best of my Ability
file sorber. I may have CAUSE my ^{4th} ^{old} child some emotional
wound while working. The Best Amends I CAN make

is By Being the Best Parent I CAN Now Sorber.
(most importantly Before making Amends, I find, The
Thing to Do Before hand is to ~~talk~~ to someone in
~~about~~ it, Because some Amends could CAUSE
more trouble for myself OR someone else) For
example to confess to stealing A large sum of
money, which I could NOT Repay, ~~from~~ from work OR
any place else could ~~cost~~ cost me ~~my~~ my job OR
criminal prosecution. (The 9th step is NOT A
means of CAUSING more problems, if used correctly
it is A way of ENDING them)

60-75 11

For me, Timing is an important part of doing the 9th Step. There are members of my family whom my behaviour in my addiction ~~has~~ hurt a great deal, and today there are still some walls between myself and them. I would definitely like to break these walls down, now that I'm sober, and make amends for harm done. Many times I have prayed for this, and ~~was~~ wanted to make amends on several different occasions, and somehow, ~~but~~ was not able to, and have felt frustrated about this. Some of the things that I'd like to make amends for could cause more harm than good for the people involved, and this is part of what causes me to hold back. I brought it up at a meeting when I was ~~not~~ really hurting with this, and I was told that when the time is right, when ~~then~~ it gets to the point when I cannot hold the hurt in any longer, amends will be made. I ~~was~~ also told that you can make amends by your actions, it doesn't always have to be verbal, and I try to practice this when it seems impossible to make verbal amends, or if the ~~time~~ right time has not yet come.

For me, pride often comes in the way of being able to make amends for some things.

TURNED
IT
OVER

WE DON'T
NEED TO
WAIT UNTIL
THE HURT

Timing is important
In making amends I find timing important.

To catch someone off-guard or on a bad day when their problems are ~~bother~~ mounting up can be disastrous for one or more parties. It may be that it will add to ~~a~~ the other person's problems. To catch an employer, who you ripped-off, ~~at~~ at a certain time of day may be all he needs to fire you.

I find it best to ~~get the person first~~ get the person first. Being fired may cause your family suffer which is not fair to them.

Then confront him and be honest

The common welfare of other's
is ~~very~~ ^{very} important. ~~vs. being too self centered~~

Bristol Lit^tature
except when to do Committee
so might harm them or others

STEP #9

110

Confession is not

enough! It is a beginning, an essential first step; but it is not the last one. Voluntary penance, restitution, and amendment of life are also necessary. And anyone who believes or is led to believe that confession alone will suffice is likely to undergo "unconscious" (i.e., conscience-inflicted, "involuntary") panance of one type or another.

It is not in our power to go into the past and undo that which has been done. We can offer our amonds. If they are accepted, so much the better. If they are not, we have done what we could and we can walk away with a clear conscience. If the incident disturbs us, we get to our sponsors or to a meeting and share the experience. It is advisable to pray for those who are unable to forgive. Theirs is a hard lot and a heavy burden.

Here there is much reference to confession and restitution and not one word about "forgiveness." Here it is assumed that each member is going to have to work out his own salvation "with fear and trembling" and that there is going to be no "justification by faith only."

-50-

005
During periodsn of being halfway straight we would come hle around getting it back to ether ie. are o r next spree. Clean and sober we wait to cool it and put ourselves first. No ne person place or thing need take precedence over our need t. stay clean. Staying clean and sober today is the greatest amend we can make. Reaching ut to friends, family members and people we have hurt in our addiction and making ame.ds of saying we were sorry or Making restitution.

0109

1) To you As the importance of step nine
I felt the Area it helped me out with the
most was the quest I had.

PAST the heart I had
put my Family through & when it came
to making Amends to them it wasn't like
I could pay them off for Money? So I
just Sat Down & talked with them & found
out that just being sober & becoming some
one who Cared for people & Cared for my
Suy was All the Amends they would ever
want they told be just to fill me Now.
Now I Am made them much happier than
any thing I could give them.

Some restitution isn't that Easy
But for me I talk with other sober
people About what I feel I have to Make
restitution for & if I have to go to that person
or write them a letter or what ever one
thing I have to Always Remember is even
if they don't Accept My Apology I did my
part & My Conscience has been Cleared

Continue on next

A VERY IMPORTANT STEP, THIS ONE, FOR RESTORING A PERSON'S SELF RESPECT AND LIFTING ONE'S GUILT. THE NINTH STEP IS THE "WEIGHT LIFTING" STEP; WE ALL CARRY A CERTAIN AMOUNT OF WEIGHT BECAUSE OF OUR PAST ACTIONS AND THIS STEP LIFTS THESE FEELINGS OF GUILT OR LOW SELF ESTEEM SO THAT WE MAY CONTINUE WITH OUR PERSONAL RECOVERY. BEFORE WE CAN GO SLAY DRAGONS WITH THE NINTH STEP THOUGH, WE MUST BE PREPARED FOR THE UNEXPECTED REALIZATION THAT THIS STEP IS FOR MY PERSONAL RECOVERY, NOT SO THAT A PERSON WILL LIKE ME AND ACCEPT ME, IS ESSENTIAL TO WORKING THE NINTH. DOING OR SAYING THINGS TO GET A DESIRED REACTION IS PART OF MY OLD BEHAVIOR, CONNING TO GET WHAT I WANT. THIS HAS NO PART IN THE PURPOSE OF THE NINTH ~~THE~~ STEP. IF A PARTY DOES NOT ACCEPT MY AMENDS, THAT'S O.K. I'VE DONE MY SINCERE BEST AND GOD'S WILL, AMEN!

A THOROUGH SELF INVENTORY SHOULD PRECEED EACH AMENDS WE MAKE. AM I SINCERELY SORRY ABOUT WHAT I'VE DONE TO THIS PARTY? DID I REALLY DO HARM TO THIS PARTY? AND AM I ANTICIPATING A DESIRED REACTION FROM THIS PARTY? IF SO I'M AMENDING FOR THE WRONG REASONS.

I MUST BE HONEST WITH MYSELF ABOVE ALL ELSE AND THOROUGH TO THE LAST. THUSLY THE WEIGHT IS LIFTED AND I AM PURGED OF GUILT, RENEWED TO CONTINUE ONWARD ~~WITH A NEW SELF~~ IN THE JOURNEY TO A NEW SELF.