

aa step 9 worksheet

A Deep Dive into the AA Step 9 Worksheet: Making Amends and Finding Peace

Author: While there isn't a single author of the "AA Step 9 Worksheet," its development and evolution are intrinsically tied to the Alcoholics Anonymous (AA) fellowship itself. The foundational text, the Twelve Steps and Twelve Traditions, serves as the blueprint, and countless AA members and sponsors have contributed to the various iterations of the Step 9 worksheet over the years. Their qualifications are their lived experience with addiction and recovery, guided by the principles outlined in the AA program. The anonymity inherent in the AA program prevents attributing authorship to specific individuals.

Keyword: aa step 9 worksheet

Historical Context of the AA Step 9 Worksheet

The concept of making amends, central to the aa step 9 worksheet, is deeply rooted in the spiritual principles underlying the AA program. The early AA pioneers, grappling with their own past actions, recognized the need for sincere atonement as a vital component of lasting sobriety. The original text didn't offer structured worksheets as we see today; the process was more organic, guided by individual sponsors and group discussions.

Over time, however, the demand for more structured approaches to working the steps led to the creation of various aa step 9 worksheet templates. These worksheets, often found in AA literature or online, provide a framework for members to systematically identify individuals they have harmed, plan how to make amends, and ultimately, achieve a sense of peace. The evolution of these worksheets reflects the ongoing adaptation of AA principles to diverse needs and experiences. There is no official, sanctioned version of the aa step 9 worksheet from AA headquarters; rather, many different versions exist, reflecting the flexibility within the program.

Current Relevance of the AA Step 9 Worksheet

The aa step 9 worksheet remains highly relevant today for several reasons. First, it provides a tangible structure for a process that can be emotionally challenging. Facing the consequences of past actions requires courage and introspection; a worksheet offers a step-by-step guide, easing the process. Secondly, it fosters accountability and self-reflection. The act of writing down the names of those harmed, detailing the harm caused, and planning amends creates a powerful sense of responsibility. Finally, it promotes healing and reconciliation. Successfully completing Step 9 can lead to improved relationships, reducing guilt and fostering a sense of personal growth and peace.

While the worksheet itself is not a cure-all, its disciplined approach aligns with the overall

therapeutic goal of AA: facilitating personal transformation and long-term sobriety. The emphasis on honest self-assessment, sincere apology, and willingness to make amends contributes significantly to achieving this goal. The structured nature of the aa step 9 worksheet aids in clarity and organization, preventing members from feeling overwhelmed by the potential complexity of Step 9.

Utilizing an AA Step 9 Worksheet: A Practical Guide

A typical aa step 9 worksheet usually includes prompts to guide the member through the process:

1. Identifying those harmed: Listing individuals affected by past actions, irrespective of their current willingness to accept amends.
2. Describing the harm caused: Articulating the specific ways each person was affected, acknowledging the severity and impact of the actions.
3. Planning the amends: Developing a concrete strategy for making amends; this might involve a direct apology, offering restitution, or simply acknowledging the harm caused.
4. Executing the amends: Actually carrying out the planned amends, being mindful of the recipient's response and respecting their boundaries.
5. Reflecting on the outcome: Journaling about the experience of making amends, noting any insights gained and any remaining challenges.

It's crucial to remember that making amends is not about seeking forgiveness; it's about taking responsibility for one's actions and striving to repair the damage caused. The willingness to make amends, regardless of the recipient's reaction, is what matters most.

The Role of the Sponsor in Step 9

The role of a sponsor is indispensable in navigating the complexities of Step 9. A sponsor provides guidance, support, and accountability throughout the process. They can offer advice on approaching individuals, help members craft their amends, and offer encouragement when facing challenges. The sponsor's experience and wisdom are invaluable in ensuring that Step 9 is undertaken with sincerity and effectiveness.

The sponsor-sponsee relationship, built on trust and mutual respect, creates a safe space for vulnerable conversations and ensures the member remains focused on the spiritual aspects of amends, rather than simply focusing on securing forgiveness. A good sponsor will guide the member through difficult conversations and help them manage any emotional fallout from the process.

Publisher and Editor

There's no single publisher for the aa step 9 worksheet. Many publishers of AA-related materials may include variations of a Step 9 worksheet in their books or workbooks. AA World Services, Inc. is the central governing body of Alcoholics Anonymous, but they don't publish specific worksheets. Their authority comes from their role in maintaining the integrity and principles of the AA program. The legitimacy of any resource would rest on its adherence to these principles, not on a specific publisher's endorsement. The same applies to editors – no specific editor can be named. The credibility of any aa step 9 worksheet hinges on its alignment with the core principles of the AA program and the ethical conduct of the individual using it.

Summary

This exploration of the aa step 9 worksheet reveals its crucial role within the AA program. Its development, driven by the need for a structured approach to the often-challenging process of making amends, has evolved organically alongside the AA fellowship itself. The current relevance of the aa step 9 worksheet lies in its ability to provide a practical framework for self-reflection, accountability, and healing. While no single author or publisher can be named, its legitimacy stems from its adherence to the principles of AA, the importance of a sponsor's guidance, and the commitment to personal growth and lasting sobriety it promotes. The worksheet serves as a valuable tool, but its effectiveness depends on sincere intent and a commitment to the overall recovery process.

Conclusion

The aa step 9 worksheet is a powerful tool for those working through the Alcoholics Anonymous program. Its value lies not just in its structure, but in its ability to facilitate a crucial step in the journey towards lasting sobriety and personal peace. The process of making amends, though challenging, is ultimately transformative, leading to healthier relationships, reduced guilt, and a stronger sense of self. Utilizing a worksheet responsibly, under the guidance of a sponsor, can significantly enhance the effectiveness of this vital step in the recovery process.

FAQs

1. Is there an official AA Step 9 worksheet? No, there isn't an official worksheet published by AA. Various versions exist, all based on the principles of the AA program.
1. What if someone I harmed doesn't want to accept my amends? The focus is on your willingness to make amends, not necessarily on receiving forgiveness. Accepting their response with grace and moving forward is key.

1. Can I use a Step 9 worksheet outside of the AA program? While developed within AA, the principles of making amends can be applied broadly to personal growth and reconciliation.
1. How long does it take to complete Step 9? The time it takes varies significantly depending on the individual and the number of amends to be made.
1. What if I'm afraid to make amends? Talking to your sponsor, sharing your fears, and working through them together is crucial.
1. What if I can't remember everyone I've harmed? Do your best to recall as many as possible; focus on making amends for those you can remember.
1. Should I make amends in person or in writing? The best approach depends on the situation and the relationship with the person you harmed.
1. What if making amends leads to conflict? Be prepared for potential conflict; your sponsor can help you navigate this.
1. Is it possible to skip Step 9? Skipping steps in the AA program is generally discouraged as they are interconnected and crucial for long-term recovery.

Related Articles:

1. "Understanding the Importance of Amends in AA Recovery": This article explores the spiritual and psychological benefits of making amends, emphasizing its role in fostering self-growth and healing.

1. "Navigating Difficult Amends in the AA Program": This article offers practical advice on addressing challenging amends, including how to handle rejection or conflict.

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1. "Practical Tips for Writing Effective Apology Letters for Step 9": This article offers practical advice on crafting sincere and effective apology letters.

1. "The Connection Between Step 9 and Long-Term Sobriety": This article explores the link between completing Step 9 and maintaining long-term sobriety.

1. "Step 9 and its Relationship to Steps 8 and 10": This article examines the interconnectedness of Steps 8, 9, and 10 in the AA program.

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Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps.

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aa step 9 worksheet: The Steps We Took Joe McQ, 2015-01-01 The words of this book's title are said aloud every day by thousands of people meeting together to help each other recover from addiction. The addictions may be to alcohol or cocaine, gambling or food, violence or sex, but the path to recovery is the same. The exciting thing about the Twelve Steps is that they teach us how to live. Once we know the design of living and the principles of living a successful life, we find that we not only get over the problems we see, but we avoid many other problems we would have had. To me, the miracle is that all this was boiled down into twelve simple Steps that anybody can apply. This is a book of plain-spoken wisdom for people with addictions and people who love them. Joe McQ has been a student of the Twelve Steps for more than three decades. He, like tens of thousands of others, lives them every day, one day at a time. In *The Steps We Took*, Joe takes us through them, one Step at a time, and helps us understand how they work and how they can change our lives.

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with a focus on healing language with women's needs in mind. Published in 1994, *A Woman's Way through the Twelve Steps* has long been a unique resource that helps women find their own paths in recovery—paths shaped by the way women experience not only addiction and recovery, but also relationships, self, sexuality, spirituality, and everyday life. Now, stories from five new voices expand the perspective of this recovery classic. Over the past thirty years, what it means to identify as a woman in recovery has broadened to include transgender, nonbinary, and other gender-diverse people. This new edition includes updated, inclusive language to be more trauma-sensitive and welcoming to all women. This compilation of diverse voices and wisdom from real people illuminates how women understand the Twelve Steps of Alcoholics Anonymous (AA) and offers inspiring stories of how they travel through the Steps and discover what works for them. The book can be used alone or as a companion to AA's Twelve Steps and Twelve Traditions. By identifying and addressing the special issues that recovery presents for women, this book empowers women to take ownership of their own journeys and to grow and flourish in recovery.

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to spread the message of recovery to others.

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presenting to you this material. You only need go through it and then share this process with others who would care so much as to have it. We pray there are many, because we see there are many who need it. So our advice can only be to go through this as thoroughly as you will need in order to prepare yourself to save the lives of others who are dying by the thousands as we speak. We are more than a thousand men and women who have recovered from a seemingly hopeless state of mind and body. And we are here to present you with precise instructions for you to recover as well.

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journal also contains some advises and exemples to create positive affirmation and fill daily pages in order to help you down the road to recovery. This makes a great gift for any loved one fighting against addiction.

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Apr 5, 2009 · regex: /aa.*?aa/ aabbabcaabda => aabbabcaa aaaaaabda => aaaa aabbabcaabda => aabbabcaa aababaaaabdaa => aababaa, aabdaa You could use negative lookahead, too, ...

JetBlue/AA deal dead. - Page 3 - Airline Pilot Central Forums

Apr 30, 2025 · American - JetBlue/AA deal dead. - Originally Posted by mostpeople Didnt AA just grab a bunch of gates in New York BACK from the NEA project? Even with those, AA operates ...

Schedule at AA - Airline Pilot Central Forums

Sep 19, 2023 · American - Schedule at AA - Hello, What is typical schedule at AA? Is it possible to fly 1,2 and 3 day trips at all? Or in general it is 4 day trips? I am looking at Philly base in ...

AA Non-Rev travel - Airline Pilot Central Forums

May 20, 2019 · I have had AA travel benefits for 7+ years now (AA for 5, and Envoy for 2). I think they are the best in the industry. Boarding priority is determined by pass classification D1, D2, ...

AA Hiring? - Page 220 - Airline Pilot Central Forums

May 11, 2023 · American - AA Hiring? - Originally Posted by jflyer86 It must have something to do with the pilotcredentials.com website, because SWA application also dropped the ...

AA new hire 777 - Page 3 - Airline Pilot Central Forums

Jun 6, 2025 · American - AA new hire 777 - Originally Posted by ImSoSussand are also relatively very young, some still in their 30s. They will lock up those WB CA slots for 15 to 20 ...

utf 8 - How to decode a (percent encoding URL) that contains ...

Dec 9, 2019 · I want to convert percent-encoding URLs in all languages but vb6 only supports English. I have tested the following code. but it can only convert English characters: Private ...

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Step Six 44 Step Seven 46 Step Eight 48 Step Nine 50 Introducing Step Ten 51 Step Ten - Setups; "When Am I Most Likely" 53 Step Ten - A Spiritual Road Maps 56 Step Ten - Daily ...

FIRST STEP WORKSHEETS - Minnesota Recovery

• Twelve Steps & Twelve Traditions (the "12 & 12"), Step 1 (4 pages) • Hazelden Step 1 Guide, first 14 pages. Do not answer the questions in the rest of the book; these worksheets replace ...

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Step One "We admitted we were powerless over alcohol— that our lives had become unmanageable." W HO cares to admit complete defeat? Practically no one, of course. Every ...

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Service Material from the General Service Office - Alcoholics ...

1. Made direct amends to such people wherever possible, except when to do so would injure them or others. 10. Continued to take personal inventory and when we were wrong promptly ...

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Twelve Steps - Step Eleven - (pp. 96-105) - Alcoholics ...

to receive God's help. Yet it is only a step. We will want to go further. We will want the good that is in us all, even in the worst of us, to flower and to grow. Most certainly we shall need bracing ...

Twelve Steps - Step Two - (pp. 25-33) - Alcoholics Anonymous

Step Two "Came to believe that a Power greater than ourselves could restore us to sanity." THE moment they read Step Two, most A.A. newcomers are confronted with a dilemma, ...

AA Step 9 Worksheet - global-uploads.webflow.com

AA Step 9 Worksheet Personal Information Name: _____ Date: _____ ... Step 9 is about action, and this . worksheet prepares you emotionally and mentally for the actions you'll take. ...

14- STEP 4 SEX 09-06 - stepsbybigbook.net

Step 4- Inventory Relationships (including Sex) (64-65) Fill in Second and Third Columns
Make multiple copies or expand these templates into your own notebook.

FOURTH STEP INVENTORY - SOBERTOSTAY

FOURTH STEP INVENTORY ... (AA, 12&12, pg 43) These worksheets are not officially produced or approved by Alcoholics Anonymous or Narcotics Anonymous. This version was created by ...

Twelve Steps to Recovery Workbook for Sexual Addiction

Oct 4, 2021 · Twelve Steps thThe 4 Step Rev. 08/03/2013 4th-Step.docx P a g e | 2 4TH
STEP Made a searching and fearless moral inventory of ourselves. ADMISSION
STATEMENT ...

STEP FOUR INSTRUCTIONS - Infinite Recovery

FOURTH COLUMN INSTRUCTIONS 1) Read the Big Book from p.66-¶3 "We turned" to p.67-¶3 "these matters straight." See Inventory guide sheet on the next page to use as a guide while ...

Twelve Steps - Step Seven - (pp. 70-76) - Alcoholics Anonymous

STEP SEVEN 73 newcomer in Alcoholics Anonymous is told, and soon realizes for himself, that his humble admission of powerlessness over alcohol is his first step toward liberation from its ...

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Step 10. Continued to take personal inventory and when we ...

remove them.step 3,7 We discuss them with someone immediately step 5 and make

amends step 8,9 quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we ...

: FEARS INVENTORY

80 re:generation Harms By Me Inventory Who/what I harmed: List the person, group, institution, etc. Examples only. Fill out the following inventory worksheets with your own experiences. ...

WHAT IS THE PURPOSE OF THE 12 STEPS?

and to try A.A.'s 12 Step Plan for Living. The Fourth Step is our first action step. It is here that we know whether or not we really took Steps 1, 2 and 3. Step Four is a fact-finding and fact-facing ...

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SESSION 17 STEP 9 Into Action pp. 76 - 84

STEP 9 Into Action pp. 76 - 84 Step 9. Made direct amends wherever possible, except when to do so would injure them or others. The spiritual life is not a theory. We have to live it. (83: 2) Take ...

Step 1 Worksheet - spiritualawakeningsaa.org

Step 1 Worksheet 12-Step Workshop with Doug M. Purpose of the Big Book 1. To show other alcoholics precisely how we have recovered. (Forward xiii) 2. To answer the question "What ...

Step 3 inventory sheets - Emotional Sobriety And Food

Step 3 worksheet 11-16-2013 "spiritual awakening" happens "as the result of these steps". It is not a precondition for using the steps. Some 12-Step members interpret this step as a meaning ...

STEP ONE UNMANAGEABILITY EXERCISE - Washington DC ...

STEP ONE UNMANAGEABILITY EXERCISE We can use the spiritual malady references mentioned in the Big Book (page numbers provided) to review honestly the unmanageability in ...

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