

## Step Nine

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

Shortcomings such as pride, fear, and procrastination can stand in the way of progress and growth. We make the amends we can and are ready to accept the reactions of the people we harmed. Amends are made when the opportunity presents itself. If amends are not possible at the present time, we remember to hold on to our willingness. It is often necessary to take guidance from others in these matters.

Unresolved conflicts may still exist and we humbly ask for understanding of past wrongs. Amends can be made both directly and indirectly. We do not have the right to contact someone who may still be hurting from our misdeeds. Step Nine helps us with our guilt and helps others with their anger. Sometimes the only amend is to stay clean.

We learn to contribute to our society and communities. We begin effectively relating to others and our own physical pain and mental confusion is lessened. Through humility and patience, our relationships can be restored and the change within us becomes more easily accepted.

Courage and faith are key components in making an amend and spiritual growth results. We are slowly freeing ourselves from the wreckage of our past and we continue moving forward with a personal daily inventory in Step Ten .