

# Making Amends

*Dan's Note: This is my understanding of the process.*

*Please reconcile this information with the instructions in the Big Book, Bill's commentary in the 12x12 and your sponsor.*

Once you have an amends list prepared through the process of the 5th Step.... 12x12 p84

*Note: Observations with the help of a sponsor should make the harms done somewhat specific.*

Pray for the willingness to set right each specific wrong one at a time. 12x12 p86

Denote which amends you are willing to make now, later and perhaps never. *Joe & Charlie*

Proceed right away with the 'now' and continue to pray about the rest. 12x12 p94

Directly preceding each amends take time to pray for God's help to complete the process and be useful.

**Direct amends:** These are suggested principle points:

*Note: This is not a word for word template*

1. I now realize that the way I was living my life was wrong.
2. I am making an effort to live a better life now.
3. I recognize that I have caused you harm.
4. I would like to make that right with you.
5. How may I do that?
6. Is there anything you would like to tell me?

**Indirect Amends:** Sending an honest letter. (BB P83 L22)

Examples: Someone that is too far away, deceased, won't see us or someone we can't find.

Note: Same principle points of direct amends apply.

It is still reasonable to write the letter even if you don't know where to send it.

*Other tips:*

*Don't delay!*

*Ask God for strength and direction to do the right thing.*

*Before implicating others, secure their consent.*

*Tell him: I will not get over drinking until I straighten out the past.*

*If an enemy- confess ill feelings and regret.*

*Don't: emphasize spirituality unless asked; if so - use tact and common sense.*

*Don't tell him what to do; only your faults are to be discussed. Don't criticize or argue.*

*Be calm, frank and open.*

*Make a demonstration of good will.*

*Be sensible, tactful, considerate, and humble without being servile or scraping.*

*Don't dodge creditors.*

*If you owe money, make the best deal you can.*

**Remember:**

1. This is usually not an apology. (Exception: Creditors BB p78:2)

a. Saying you are sorry is worn out. (BB P83 L2)

b. An apology in our society seems to request a response of forgiveness.

We are not there to have the person decide to forgive (reward) us or not. 12x12 p32

Note: Should the person request an apology... it does become ok to consider doing so.

2. Don't go into great detail about your wrongs. We tend to automatically start making excuses if we talk too much. Limiting detail also helps us to avoid drifting into (3) 12x12 p86

3. Do not consider (during this process) the wrong actions the other person may or may not have made. Keep your focus on your own actions. If thoughts of harms done to you come up... look to forgive. BB p77

4. As God's people we stand on our feet; we don't crawl before anyone. BB p83

**Other considerations.**

1. If you know you owe the person and they offer to forgive the debt... remember this:

We sell, give away and destroy our self-respect a nickel and a dime at a time.

The amends process is how we buy back our self-respect by setting the scales straight.

2. If you feel the restitution requested by the other person is too much to ask of you... refer the information to your sponsor.

3. A very important part to this process is to listen to the feedback the person provides to you. The observations others provide about our actions (especially ones that know us well) is something we need to respect and hear on a daily basis. This is where we begin to learn to do this. 12x12 p82

*It is the beginning of the end of our isolation from our fellows and from God.*

4. Nine times out of ten the unexpected happens. BB p78:1

5. Rarely do we fail to make satisfactory progress. BB p78:1

6. Do what you can and move on! BB p78:1