

Step Nine

Ninth Step Prayer

Higher Power,

I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends. Most important, I will continue to make amends by staying abstinent, helping others ☺

Growing in spiritual progress. Amen.

We Do Together:

- Continue reading chapter “Into Action.”
- Revise (if needed) your list of NOW, LATER, MAYBE, and (possibly) NEVER.
- Discuss logistics, timing, and appropriateness of personal amends.
- Discuss *in-kind* amends for any “nevers”. “Nevers” often occur in cases of abuse or where your own safety (whether mental/physical health or otherwise) might be compromised (we already know not to make amends that might harm others).

Daily Work:

- Prayer (and/or meditation, spiritual study, etc.) at least twice a day.
- Continue sending gratitude lists.
- Read the *Twenty-Four Hours a Day* book (in the morning, if possible).
- Read some of a spiritual book *in addition* whatever your religion, or you, decree a Holy or spiritual text, or other spiritual activity of your choice.

Step Nine Work:

- Read the *Twelve Steps and Twelve Traditions* chapter on Step Nine to review together.
- Read the Ninth Step chapter in *The Steps We Took*.
- Begin making amends on the “NOWs”, if you have some. This process will continue throughout the remainder of the steps until you are through your list, as the Big Book tells to head directly into Step 10 as we are completing these (some people may be difficult to locate, etc.). Be open to the fact that in the future your “nevers” may become “nows”.
- Read at least one of the stories from the *Big Book*.

YOU CAN DO IT ☺

Recovery Resources for Women: www.xyZrecovery.com