

9th Step Amends Template

- Tell the person you're aware that you caused them harm and outline what the harms were
- Express regret that you acted in these ways and that they were hurt
- Tell them how you're planning to make things right
- Give them a chance to tell you about any harms you omitted or other ways you can atone for your behavior
- Follow through on what you said, showing them through your deeds and not just your words that you mean business

Examples:

When I _____ (*be specific about the circumstances in which you harmed the person*).

I _____ (*ways that I have harmed this person*).

I was _____ (*share what shortcomings caused the trouble*).

I was wrong. And I apologize for my behavior.

Moving forward my intention is to _____ (*how do I plan to behave differently?*)

Have I omitted any other ways I've harmed you?