

AA Step 9: Making Amends Letter

This exercise helps you reflect as you write your amends letters. Use one journal sheet for each person you must apologize to.

In what ways did I hurt this person during my substance use, and how can I take full accountability without blaming others?

How can I speak honestly about what I did without trying to explain, justify, or defend my past behavior?

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Is there a practical or emotional way I can make things right—and is it appropriate to offer that?

Am I prepared to accept any response, including rejection, and still remain committed to my recovery?

Making Amends Script Template: ***Adapt this basic script to address your situation:***

Hi [Name], I wanted to talk face-to-face because I'm working on my recovery, and part of the process involves making amends. I know I hurt you when I [brief, specific description of the harm]. I take full responsibility for that—there's no excuse. I'm sorry for the pain I caused. I'm working hard to change, and I hope to make things right by [propose how you can make it right]. If you're open to it, I'm willing to listen or make amends in a way that respects your boundaries.



icarusbehavioralhealthnevada.com | 702.723.4774