

Step Nine (76:4 – 83:3)

The 9th Step Instructions:

1. (76:4) Do not emphasize Spiritual feature on the first approach
2. (77:0) fit ourselves to be of maximum service to God and the people about us.
3. (77:0) Make a demonstration of good will.
4. (77:1) Don't shy away from the subject of God.
5. (77:1) Be willing to announce our convictions with tact and common sense.
6. (77:1) If an enemy, go to him in a helpful and forgiving Spirit, confessing our former ill feeling and expressing our regret.
7. (77:2) Never criticize or argue. Simply tell him we will never get over our drinking until we have done our utmost to straighten out the past.
8. (78:0) Never try telling him what he should do
9. (78:0) His faults are not to be discussed. We stick ours harm
10. (78:0) Our manner should be Calm, Frank and Open.
11. (78:2) Don't dodge your creditors. Tell them what you are trying to do and make no bones about your drinking.
12. (78:2) Arrange the best deal you can and let them know you are sorry
13. (78:2) We must lose our Fear of our creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them.
14. (79:1) Remind yourself that you have decided to go to any lengths to find a Spiritual Experience.
15. (79:1) Ask God for the Strength and Direction to do the right thing, no matter what the personal consequences may be. We are willing. We have to be.
16. (79:1) We must not shrink at anything.
17. (79:2) If other people are involved, we are not to be a hasty or foolish martyr who would sacrifice others to save himself from the alcoholic pit.
18. (80:1) Before taking drastic action which might implicate other people, we secure their consent.
19. (80:1) If we have permission, consulted others [sponsor], Asked God to help and a drastic step is indicated, We must not shrink.
20. (83:3) Some people can't be seen [deceased included] – We send them an honest letter.
21. (83:3) We don't delay if it can be avoided.
22. (83:3) Be Sensible, Tactful, Considerate and Humble without being servile or scraping. As God's people we stand on our feet; we don't crawl before anyone.

For the Spouse and Family:

1. (81:1) [For spouses] Undoubtedly, we should admit our fault
2. (82:1) Each [spouse] should pray, having the other one's happiness uppermost in mind. And it may be the way of good sense to let by-gones be by-gones.
3. (82:2) There is plenty we should do at Home...But, we are yet a long way from making good... We feel a man unthinking when he says that sobriety is enough.
4. (83:1) We must take the lead...So we clean house with the family...a remorseful mumbling that we are sorry won't fit the bill at all. Sit down with the Family and frankly analyze the past being very careful not to criticize them.
5. (83:1) Ask each morning in meditation that God show us The Way of Patience, Tolerance, Kindliness and Love.
6. (83:2) We have to Live the Spiritual Life.
7. (83:2) Don't talk incessantly to your family about Spiritual matters. Use your Spiritual behavior to urge your family to live on a Spiritual basis. [live by example]
8. (98:3) "When your prospect has made such reparations as he can to his family, and has thoroughly explained to them the new principles by which he is living [not forcing them on the family], he should proceed to put those principles into action at home.
9. (99:1) "...the alcoholic continues to demonstrate that he can be sober, considerate, and helpful, regardless of what anyone says or does.
10. (99:1) "We must try to repair the damage immediately lest we pay the penalty by a spree."
11. (99:3) "Let no alcoholic say he cannot recover unless he has his family back. This just isn't so.
12. (99:3) "Remind the prospect that his recovery is not dependant upon people [including you!]. It is dependant upon his relationship with God.

13. (111:1) **"The First Principle is that you should never be angry.**
14. (116:3) **"Now we try to put spiritual principles to work in every department of our lives. When we do that, we find it solves our problems too; the ensuing lack of fear, worry and hurt feelings is a wonderful thing.**
15. (118:1) **During heated discussion, "no matter what the subject, it should be the privilege of either to smile and say, "this is getting serious. I'm sorry I got disturbed. Let's talk about it later."**
16. (118:1) **We should be "trying to live on a spiritual basis, he will be doing everything in his power to avoid disagreement or contention."**
17. (118:2) **You owe "more than sobriety...Patience, tolerance, understanding and love are the watchwords."**
18. (118:2) **"Live and let live is the rule."**
19. (118:2) **"If you both show a willingness to remedy your own defects, there will be little need to criticize each other."**
20. (119:0) **"When resentful thoughts come, try to pause and count your blessings. After all, your family is reunited, alcohol is no longer a problem. [sounds like a gratitude list to me!]**
21. (119:0) **You are working toward an undreamed of future.**
22. (122:1) **"All members of the family should meet upon the common ground of tolerance, understanding and love. This involves a process of deflation."**
23. (123:2) **"It will take time to clear away the wreck. Though old buildings will eventually be replaced by finer ones, the new structures will take years to complete."**
24. (124:1) **"We grow by our willingness to face and rectify errors convert them into assets. The alcoholic's past thus becomes the principle asset of the family and frequently it is the only one!"**
25. (124:3) **don't "dig up past misdeeds so they become a blight, a veritable plague.**
26. (124:2) **"...Each family which has been relieved owes something to those who have not, and when the occasion requires, each member of it should be only too willing to bring out their former mistakes, no matter how grievous, out of their hiding places."**
27. (124:2) **"Cling to the thought that, in God's hands, the dark past is the greatest possession you have – the key to life and happiness for others. With it you can avert misery and death for them."**
28. (125:0) **"Unless some good and useful purpose is to be served, past occurrences should not be discussed.**
29. (125:2) **"We alcoholics are sensitive people. It takes some of us a long time to outgrow that serious handicap."**
30. (125:2) **"Another principle we observe carefully is that we do not relate intimate experiences of another person unless we are sure he would approve."**
31. (125:1) **"We do talk about each other a great deal, but we almost invariably temper such talk by a spirit of love and tolerance."**
32. (125:3) **"Many alcoholics are enthusiasts. They run to extremes...(126:1) We think it dangerous if he rushes headlong at his economic problem. The family will be affected..."**
33. (127:2) **"Since the home has suffered more than anything else, it is well that a man exert himself there. He is not likely to get far in any direction if he fails to show unselfishness and love under his own roof."**
34. (127:1) **The alcoholic "ought to remember that he is mainly to blame for what befell his home. He can scarcely square the account in his lifetime. But he must see the danger of over-concentration on financial success...For us, material well-being always followed Spiritual progress; it never preceded."**
35. (127:3) **"As each member of a resentful family begins to see his shortcomings and admits them to the others, he lays a basis for helpful discussion."**
36. (127:3) **"...Family talks will be constructive if they can be carried out without heated argument, self-pity, self-justification or resentful criticism."**
37. (128:0) **"Giving rather than getting." Is the guiding principle for the family.**
38. (129:1) **"...a Spiritual life which does not include his family obligations may not be so perfect after all."**
39. (129:3) **"...let him go as far as he likes in helping other alcoholics...(130:0) we think dad will be on a firmer foundation than the man who is placing business or professional success ahead of Spiritual development."**
40. (131:2) **"Father will necessarily spend much time with other alcoholics, but this activity should be balanced."**
41. (130:1) **"We have found nothing incompatible between a Powerful Spiritual Experience and a life of Sane and Happy Usefulness."**

42. (133:0) "Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence."
43. (133:1) "...a Spiritual mode of living is a most powerful health restorative...(133:2) But his does not mean that we disregard human health measures.
44. (135:1) "Whether the family goes on a Spiritual basis or not, the alcoholic has to if he would recover."
45. (135:1) "The others must be convinced of his new status beyond the shadow of a doubt. Seeing is believing to most families who have lived with a drinker."
46. (134:3) "In time they [the family] will see he is a new man...when this happens, they can be invited to join in morning meditation and they can take part in the daily discussion without rancor or bias."
47. (135:4) We have three little mottoes which are apropos. Here they are:
First Things First
Live and Let Live
Easy Does It.

Armed with our cards we start making appointments and we make our amends.

Our Experience has proven:

1. The general rule is "always make amends face to face if at all possible".
2. Before making any amend, always run the amend past a sponsor. This keeps you from having ulterior motives and ensures you will not inadvertently hurt anyone with the amend.
3. Pray for strength and direction to do the right thing, no matter what the personal consequences may be.
4. (76:3) We go out to our fellows.
5. (76:3) Repair the damage done in the past.
6. (76:3) We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves.
7. (76:3) If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol.*

A 9th Step Prayer :

"God, with regard to this amend, please remove my Fear and give me the strength, courage and direction to do the right thing, no matter what the personal consequences may be. Amen"(79:1)

An Ninth Step Meditation:

"Dear God, please show me if finishing my amends has anything to do with my drinking again or not..."

With our family we have ongoing amends which require daily attention and prayer.

A 9th Step prayer for the Spouse:

"God, please show me how to make amends to my Spouse. Father , Help me to keep my Spouse's happiness Uppermost in my mind as I try, with your Grace, to make this relationship right. Amen" (82:1)

A 9th Step Prayer for the Family:

"God, please show me how to find Patience, Tolerance, Kindness and Love in my heart, my Mind and my Soul. Lord, show me how to demonstrate these principles to my family and all those about me. Amen." (83:1)