Verde Valley Buzz…

The official newsletter of the Central Mountain Intergroup
Serving the Verde Valley and Northern Arizona
3900 E. Western Drive Suite C, Cottonwood, AZ 86326
Open Monday through Friday noon to 4:00 PM

928-646-9428 | www.centralmountain.org

Sept 2026

What Is Step 9?

According to AA.org, Step 9 is to "Make direct amends to such people wherever possible, except when to do so would injure them or others." This step can be especially hard for those dealing with feelings of shame, pride, or entitlement. However, completing it often brings immense relief and renewed hope. Step 9 is about restoring peace through self-forgiveness, forgiving others, and making amends, which is essential to recovery.

How to Start Step 9

Before Step 9, one completes the Step 8 inventory, listing people they've harmed and developing a willingness to make amends. Some people on this list may be harder to approach, so readiness is key. If willingness isn't there yet, the program encourages asking a Higher Power for guidance until that willingness arises. One can start with those amends that may be easier and work their way up to the more challenging ones.

According to *The Big Book*, the purpose of amends is to admit, take accountability for and address the harm caused. This may involve apologizing and, when necessary, making restitution to a person, or organization. Direct, face-to-face amends are encouraged to facilitate genuine healing. For example, if you once stole from a coworker, you could apologize and offer repayment. This step seeks inner peace and rebirth through the act of making things right, but only when it won't harm others in the process.

Now we should pester our sponsor and get an incite as to how to do what most of us really don't want to do. Going over this with your sponor can ease the trepidation of this step. But Geter Done