

Step 9

Client Questions 9.1

Write down step nine and learn it off by heart.

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What does "making amends" mean?

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For what have you forgiven yourself?

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What experiences have you had that led you to see the harm you caused?

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Do you owe amends to people who have also harmed you?

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Do you owe any amends that might have serious consequences if you make them?
What are they?

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What other fears or expectations do you have about your amends?

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Are you worried that someone will take revenge or reject you?

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What are "living amends"?

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