

# ***StepSponsorDA***

***Free conference call back up number 701 779 9003; Access 741603# (the same) - in case you need another number for our call.***

## **Topic 15: Making Amends Step 9**

*[These are pages from the 'GreenBack Book Study Guide to Existing D.A. Literature. 2019 edition']*

**9. Made direct amends to such people wherever possible, except when to do so would injure them or others.**

**READ ALOUD DA Pamphlet “The 12 Steps of DA”: Step 9**

**READ ALOUD and DO Amends via AA Big Book pp 76-84**

**READ ALOUD (if time, or on you own with a partner) DA Book, *The 12 Steps, 12 Traditions, and 12 Concepts of Debtors Anonymous*, Step 9**

**READ ALOUD DA Pamphlet “The 12 Steps of DA”: Step 9**

### **Questions (DA Pamphlet) Step 9:**

- How did we debtors perceive making amends at first? What is NOT enough?
- What must we be willing to do?
- When making amends, what does not matter?
- When making amends, what IS important?
- **What does the DA pamphlet say about new DA members wanting to make financial amends quickly in our early DA recovery?**
- How do we make living amends?
- After making some amends, what promises do we realize we receive?

**READ ALOUD and DO Amends via AA Big Book pp 76-84**

**Questions: AA Big Book**

- STEP NINE – Directions for making amends (pp 77-83 BB and DA Pamphlet, Step 9)
- p 77-83, Big Book
- WHAT is my real purpose in making amends? p77:0
- With what will the amends recipients be impressed? p77:0

- I am to go to them in what frame of mind? p77:1
- What do I confess? p77:1
- **What if I owe money? p 78:2**
- What if I have committed a criminal offense? p78:3
- What PRAYER have I been given for this problem? (BB p 79:1)
- What if someone might be negatively affected by my amends? p79:2
- What does the text say to do 'BEFORE' taking drastic action? (BB p 80:1)
- What directions and PRAYER am I given for this event? (BB p 80:1 & 4)
- What if there has been infidelity on my part? (BB p81)
- What PRAYER have I been given for this situation? (BB p 82:1)
- What about amends (both spiritual & financial) to my family? (BB p 82:2 + p 83:1)
- What PRAYER have I been given to ask God to continue to make me different? (BB p 83:1)
- What about the spiritual life? (p 83:2-3)
- If I have been painstaking in following the directions, what will be the results? (Promises?) p 83:4 - p 84:0-1

**READ ALOUD (if time, or on your own with a partner) DA Booklet or The DA Book *The Twelve Steps, Traditions and Concepts of Service of Debtors Anonymous, Step 9***

## **ACTIONS**

NOW YOU ARE FINISHED WITH THE STEP 4 WRITING, CALL AND MAKE YOUR APPOINTMENT AND GIVE YOUR 5th STEP AWAY.

AFTER GIVING AWAY YOUR 5th STEP, BE SURE TO TAKE STEPS 6 & 7 in PRAYER  
MAKE YOUR 8th STEP AMENDS LIST

START WITH THE INDIVIDUALS AND INSTITUTIONS FOUND ON YOUR STEP 4 "HARMS AND RESENTMENTS" INVENTORY. ADD OTHER AMENDS TO THIS LIST AS THEY COME UP

**PRAY FOR WILLINGNESS TO MAKE AMENDS TO THEM ALL**

**START MAKING THE LOW STRESS AMENDS/APOLOGIES\***

**\*RUN THESE ACTIONS BY ANOTHER DEBTOR AND PRAY FIRST THE STEP 9 PRAYERS IN THE AAB: (BB p 79:1) (BB p 80:1 & 4) (BB p 82:1) (BB p 83:1)**

***REMINDER if we are new to DA, we do not retire debt as a Step 9 amends at this point in the study. We debtors take a moratorium on debt retirement until we have had at least 2 pressure relief meetings, which we will cover later in our study.***

## **ACTIONS carried over from previous sessions**

REVIEW the Action List from the previous session. Be current with that before going on to this week's Action List. *It is absolutely OK, really advisable, to pick up where you left off.*

## **PRAYER CARDS**

- Get a pack of 3x5 index cards, if you have not done so already
- On individual 3x5 cards, put each of the 3 daily prayers; consider making several sets, one set for by the bed, one for your wallet, your desk, vanity mirror, car or other place you frequently look.
- Add the resentment, fear and harms prayers to your prayer cards.
- Add the 6th Step Prayer for willingness and the 7th Step prayer for the character defects to be removed to your prayer cards
- **Add the Step 8 & 9 prayer for willingness to make amends to all persons harmed**

## DAILY

- One Day at a Time Abstain from New Unsecured Debt (consider setting a date for your last unsecured debt or your DA Birthday).
- Call a DA member. Ask for support maintaining your DA program work, **especially 4th Step writing**
- Read from a piece of DA or AA Literature
- Answer the study questions as indicated
- Keep a spending record as you spend
- Every morning: Pray for willingness to work your DA program
  - Pray the Serenity Prayer
  - Pray BOTH the Third Step Prayers, AA's p 63 and DA's p 19
  - Pray the resentment, fear and harms prayers as needed, as they apply.
  - **Pray the 6th Step Prayer for willingness**
  - **Pray both 7th step prayers for the character defects to be removed (AABB p 76:2; DA 12x12x12 p 33)**
  - Pray these all through the day and consider carrying your prayer cards with you.

Spend some time on the READINGS in this study each day as you can, at least 15-20 min or more. ***Let whatever amount of time you have be good enough. Keep coming back***

## WEEKLY

- Attend at least one solution-oriented DA meeting - listen for the DA concepts
  - At your meeting, share only solutions and only if you have experience doing the work of the meeting topic. If you do not have a solution to share, listen for program-working members of your meetings and ask for their phone numbers or email addresses
  - GET A DA sponsor or DA phone study partner
  - Ask for support maintaining your DA program work
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## **Topic 16: Step 10 – Continued to Take Inventory**

**10. Continued to take personal inventory and when we were wrong promptly admitted it.**

**READ ALOUD Suggested Big Book Passages to read aloud together with your sponsor/study partner: Step 10 AABB p 84:2 - p 86:1**

**READ ALOUD: Step 10 The DA Pamphlet "The Twelve Steps of DA."**

**SUPPLEMENT - READ ALOUD with a partner, if time - Step 10 - The DA Book *The Twelve Steps, Traditions and Concepts of Service of Debtors Anonymous*. (aka 36 Principles)**

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