

AA Amends Script Guide

For Step 8 and Step 9 Practices in AA (and NA)



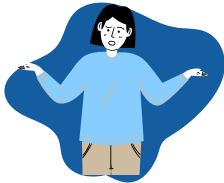
Introducing Yourself

"Hello [Name], thank you for meeting with me. I appreciate your willingness to listen."



Acknowledging the Need for Amends

"As part of my AA recovery process, I'm making amends to those I've hurt. I want to acknowledge that my actions during active addiction caused you pain. Specifically, [describe actions and impact]."



Taking Responsibility

"I take full responsibility for my actions. While my addiction was a factor, I am committed to recovery and changing my life."



Making Amends

"I'd like to make things right, if possible. [Suggest specific actions to repair damage, e.g., repaying debts, fixing broken items, or listening to their perspective]."



Listening

"I understand my apology and amends may not be enough. I'm here to listen to anything you need to say. Your feelings and suggestions are important."



Expressing Regret

"I deeply regret the pain I caused you. It was never my intention to hurt you, and I'm truly sorry for my behavior."



Taking Responsibility

"I take full responsibility for my actions. While my addiction was a factor, I am committed to recovery and changing my life."