

Step 9. *at work took by Bristol Literature*
Make Direct Amends to such *thing* Committee
people where ever possible *by right email*

As far as the importance of step nine
I felt the Area it helped me out with the
most ~~in~~ was the guilt I had from things
I had done in the PAST the hurt I had
put my Family through & when it came
to making Amends to them it wasn't like
I could pay them off for Money? So I
just Sat Down & Talked with them & found
out that Just Being Sober & Becoming Some
one who Cared For people & Cared For My
Self was All the Amends they would ever
want they told be just to see me Now.
Now I Am made them much happier than
any thing I could give them.

Some restitution isn't that Easy
But for me I talk with other Sober
people About what I feel I have to make
restitution for & if I have to go to that person
or write them A letter or what ever one
thing I have to Always Remember is even
if they don't Accept My Apology I did My
part & My Conscience has been Cleared.

Because I dont have to carry
the guilt of Not owning up to
some thing I've done Now I own
it & its up to them to Accept it
or hold on to it & thats their Conscience.

I Feel good About All the Announcements
I've made so far but I still have
a few to go & All I have to
do, to do it is Make my Mind
up to do so & All of them Are
going to make me feel Better
About My Self in the Long Run
& A recovering Addict needs
all the self Esteem he/she
can get

Thank
you.

Bristol Literature
Committee.