



2. Write a Prayer to your Higher Power asking (or thanking) for the willingness to make amends wherever possible, except when to do so would injure them or others.

3. Make a list of people to make direct amends with the help of your sponsor:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Attach a page if necessary.

4. What actions can you take to make contact with the people in the list?

5. How can you make amends with someone you cannot locate or is deceased?

6. What will you say to explain why you are contacting them?

7. Why would some people choose to welcome your amends?

8. Why would some people choose to criticize your amends?

9. What is your plan to make amends?