

Acceptance and the Ninth Step

June 4

For most, this is a step fraught with fear, resistance, and dread. Are we ready to face the wrongs and harms we have done to others and ourselves? We are unsure, but we are certain that to *not* do so is to invite a relapse.

How do we make amends face-to-face and *not* have trepidations? What if our efforts are not welcome or understood? What if making amends opens new wounds? What if our amends aren't accepted? *What if, what if.*

None of these questions matter. They are not our concern. Our job is to go to any lengths. Whether others accept or reject our amends is the business of the recipient. We are agents of change in our *own* lives, responsible for making things right for us. A trusted friend in the fellowship, or sponsor, will help us walk through possible scenarios and examine whether making amends would cause irrevocable harm. We feel sure we cannot make a mistake when we do the next right thing, for the right reason.

The first eight steps prepare us for this moment when we must face the harms we have done to others. Step Nine is the opportunity to seek forgiveness. We don't make excuses. We state the facts of harms we have caused in brief, with kindness, and with a sincere commitment to never have them repeated.

Steps Four and Five have prepared us well. We stand ready to accept the results of our amends today, no matter how they are received by those on our list. Regardless of reactions and feelings, we acknowledge their right to their emotions and recognize they were our targets, suffering untold harm from our actions and injurious remarks.

As with other steps, we work Step Nine with as much completeness as possible with the information we have. When the Universe is ready for us to receive new levels of awareness, amends will be presented at a time determined by our Higher Power. We continue to seek freedom as we make amends and we open the door of willingness.

The Ninth Step Promise that says, *we will experience a new freedom and a new happiness*, will almost always appear to us. By trusting the process of this co-creation with our Higher Power in prayer and taking the appropriate action for each harm, we move closer to wholeness. We do this regardless

of how difficult it may be, as we were responsible for making our part of the street clean.

TODAY'S MEDITATION

There is no better way to clean my house than through ninth step work. To have the Ninth Step Promises come true is the change I've worked for so long to receive.

"Sometimes you only get one chance to rewrite the qualities of the character you played in a person's life story. Always take it. Never let the world read the wrong version of you." — Shannon L. Alder

