

AA MAKING AMENDS SCRIPT

Work steps 8 + 9 effectively. Plan what you'll say by following this script or change it up to make it your own.

Introduction:

"Hello [Name], thank you for taking the time to meet with me. I appreciate your willingness to listen to hear me out."

Acknowledge the Harm:

"I am working through the 12 Steps of AA. As part of my recovery process, I am making amends to those I have hurt. I want to acknowledge that my actions, when I was in active addiction, caused you pain. Specifically, [describe the actions and their impact]."

Expressing Regret:

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

Taking Full Responsibility:

"I take full responsibility for my actions. I also understand that my alcohol addiction was a significant factor in the wrongs I caused. I am committed to my recovery and working hard to change my life for the better."

Planning to Make Amends:

"I would like to make things right, if possible. [Suggest specific actions you can take to repair the damage, such as repaying monies owed, fixing something broken, or simply listening and understanding their perspective]."

Listening + Understanding:

"I understand that my apology may not be enough to heal the hurt I caused, and I am here to listen to anything you need to say about it. Your feelings and suggestions are important to me."

Conclude the Meeting:

"Thank you for listening and for giving me the opportunity to make amends. I hope that my changed behavior will rebuild your trust in the future. I hope to show through my actions that I am committed to change."