There are times when we cannot or should not make direct amends to certain individuals. It may be that they have passed away, they would be harmed by us contacting them, or another person would be harmed by us contacting them. In these situations, we write letters to these individuals or groups of individuals as if we were making direct amends to them in person. We then read these letters to our sponsors.

NOTE: Amends Letters are almost never used to make amends to our spouse. Amends Letters are almost always used with individuals that were former acting out partners.

Date

Dear \_\_\_\_\_\_\_\_\_\_\_,

Sincerely,

Your name