

Ninth Step Amends – Sample Letter

To Rachel,

This letter is part of something I never thought I'd do—make amends.

We haven't spoken in years. That's not your fault. I burned every bridge, including the ones you built for me. I was deep in meth, lies, and desperation. If I wasn't high, I was chasing it—or spiraling in shame from the things I did to get there.

I stole from you. Cash, your headphones, a necklace I knew had sentimental value—I justified it all. When the psychosis hit, I accused you of things that didn't exist. I destroyed your bathroom during a paranoid breakdown. I left you crying and afraid in your own apartment. I still remember the look in your eyes when you told me I couldn't come back.

I don't want pity, and I'm not asking to rewrite history. I just want to name the truth: I hurt you. I broke trust. And you didn't deserve any of it.

There's no making it right. But there is responsibility.

I'm clean now—one year and two months. I work at a shelter. I sweep floors, make coffee, and tell men who remind me of myself that it's not too late. Sometimes I read your name during morning prayers. Not to win you back. Just to say your name to God and ask Him to bless you.

You helped wake me up. You showed me mercy I didn't recognize until it was gone.

Thank you. I'm sorry. And I hope that wherever you are, you are safe, whole, and deeply loved.

With sincerity,
Daniel