

# How to Make **EFFECTIVE AMENDS**

**1**

## **BE SINCERE**

Don't make the amends unless you are ready. Avoid doing it by email or text which shows a lack of caring.

**2**

## **ACKNOWLEDGE THE MISTAKE**

Be honest about what you said or did. Or, *what you avoided* that may have caused harm.

**3**

## **BE SPECIFIC**

Saying you were wrong is great but specifically name it shows more accountability.

**4**

## **BE SINCERE**

Don't make the amends unless you are in the right frame of mind. If the timing isn't right it's not worth it.

**5**

## **LISTEN AND VALIDATE**

Be willing to listen. Validate their feelings by showing them you understand why they were hurt.

**6**

## **LET GO OF THE RESULT**

No matter what reaction you get, you are building integrity and that will benefit you in the long run.

# Making Amends

**KJ Lindholm-Leary**



## **Making Amends:**

*12 Hidden Rewards of Making Amends* Allen Berger, 2013-06-01 Popular recovery author Allen Berger PhD guides us in working three of the most challenging of the Twelve Steps to reap the abundant rewards of making amends. Letting go of resentment and forgiving ourselves for our past wrongs are critical to recovery from alcohol and other drugs. Yet Steps Eight, Nine, and Ten, which focus on making amends, can be some of the most challenging to work because we must face ourselves and those who we have hurt or damaged. In *12 Hidden Rewards of Making Amends*, Allen Berger PhD uses the same supportive down to earth style as in his popular book *12 Stupid Things That Mess Up Recovery*. His creative tools and tips will help us let go of anger, heal strained relationships, and make financial and emotional restitution. Through this transformative process, we can recover and maintain integrity, resolve or complete unfinished business, restore trust, self-esteem, and self-confidence, deepen our spirituality and peace of mind, and reinforce a strong commitment to recovery. By being accountable for our words and actions and moving forward with a compassionate and constructive approach to the world, we decrease our chance of relapse and learn to maintain a healthy, balanced life.

*12 Hidden Rewards of Making Amends* Allen Berger, 2013-05-28 Did you know there are hidden rewards to making amends? Without a willingness to experience our painful feelings, we can never grow and mature into the person we'd like to be. We can never reach our potential. We can never become our true self. To grow, we must stay in close contact with our experience, whatever it is. We need to stay in close contact with how we behaved in our relationships in order to make a thorough list of those we have harmed. We must face the wrongs we have done without running away from the truth. If we were rigorously honest with ourselves while making the list of people we had harmed, we probably felt one or more of the following feelings: anxiety, shame, discomfort, or guilt. This is exactly what we were supposed to feel. We were learning that we don't have to feel comfortable to be OK. In fact, another hidden reward is that the more willing we are to feel uncomfortable, the more comfortable we become. Yes, another paradox. One of the many hidden rewards in working Steps 8, 9, and 10 is to stay in close contact with our experience so we can learn from it. This self-understanding is at the heart of self-forgiveness and emotional recovery. Excerpted from *12 Hidden Rewards of Making Amends*.

**Making Amends - A 52-Week Challenge to a Better You** Gabrielle Dixon, 2020-04-29 The book is designed to help readers better understand their emotions and learn to forgive others and themselves. Essentially, making amends with themselves. This book will provide options for the reader to choose which challenge they would like to perform each week throughout the next year. The book will also ask them questions after each week and provide a place for their notes. A reflection section is provided and will allow the reader to reflect on what they have learned or achieved over the past 4 weeks. They will be challenged to expand their knowledge and help them to overcome bad habits, learn to control their reactions, and better understand themselves. It will encourage them to learn about values and responsibility. Ultimately, it will teach them to forgive others and themselves. It will challenge them to make amends to others by taking action. The first few

pages of the book give a glimpse of who I am and what I went through in my life The reader learns about my past and what forced me to overcome my challenges I explain how I am not a professional and all challenges are acts that I myself have done I am a regular person just like my reader

**Making Amends** Linda Radzik,2009-02-02 Can wrongs be righted Or does the impossibility of changing the past mean that we remain permanently guilty While atonement is usually considered a theological topic this book uses the resources of secular moral philosophy to explore the possibility of correcting the wrongs we do to one another

**Making Amends** Aa Grapevine,2017-04-15 Candid stories from AA members about their experiences with Steps Eight and Nine Includes chapters about amends with parents friends exes financial institutions coworkers and more

**Understanding the Twelve Steps** Terence T. Gorski,1991-04-15 An interpretation and guide to the 12 steps of Alcoholics Anonymous

*Making Amends* Lynda Ellis,2005 The greatest healing tool a mother could give herself Are you ready to change your life Lynda is the MOTHER of mothers As she shares her pain You find your way to forgiveness As she reclaims her gifts You remember yours You picked up Messages Wounds Gifts for a reason Lynda unlocked the door to her heart You will too

**The Normative and the Evaluative** Richard Rowland,2019-02-07 Many have been attracted to the idea that for something to be good there just have to be reasons to favour it This view has come to be known as the buck passing account of value According to this account for pleasure to be good there need to be reasons for us to desire and pursue it Likewise for liberty and equality to be values there have to be reasons for us to promote and preserve them Extensive discussion has focussed on some of the problems that the buck passing account faces such as the wrong kind of reason problem Less attention however has been paid as to why we should accept the buck passing account or what the theoretical pay offs and other implications of accepting it are The Normative and the Evaluative provides the first comprehensive motivation and defence of the buck passing account of value Richard Rowland argues that the buck passing account explains several important features of the relationship between reasons and value as well as the relationship between the different varieties of value in a way that its competitors do not He shows that alternatives to the buck passing account are inconsistent with important views in normative ethics uninformative and at odds with the way in which we should see practical and epistemic normativity as related In addition he extends the buck passing account to provide an account of moral properties as well as all other normative and deontic properties and concepts such as fittingness and ought in terms of reasons

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Repair is a book for anyone who cares about creating a country and culture that is more whole than the one in which we live and for anyone who has been hurt or who is struggling to take responsibility for their mistakes     *The Preacher and Homiletic Monthly* ,1878     *The Congregationalist* ,1921     *A Translation of the Confucian [I Ching] ; Or, the Classic of Change* ,1973     The Complete Preacher Isaac Kaufman Funk,1877     *Metropolitan Pulpit and Homiletic Monthly* ,1879     A Concordance to the Poems of Robert Browning Leslie Nathan Broughton,Benjamin Franklin Stelter,1924     A Dictionary of the English Language Noah Webster,1839     *Reports of Cases Adjudged in the Supreme Court of Pennsylvania* Horace Binney,1891     **Nelson's New Dictionary of the English Language** ,1922     The Century Dictionary and Cyclopedia William Dwight Whitney,Benjamin Eli Smith,1897     *A Dictionary of the Bible: Feign-Kinsman* James Hastings,1901

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