STEP 8: PREPARING TO MAKE AMENDS

RECIPIENT	RELATIONSHIP
The basic formula fe	or making amends is to say:
1) This is what I did. 2) I	know it was wrong. 3) I am sorry.
Avoid these common pitfalls	:
 Don't make excuses or justify you substances. 	ur behavior; never blame your behavior on
 Don't mention the recipient's beh 	avior.
 Don't unburden yourself at their e through making amends! 	expense you must not cause further harm
 Don't tell them how they felt about the provide the second se second second sec	ut your behavior. Stick to your own actions. ad of "I made you jealous."
When (What time period are you we lived together; throughout our t	a addressing? Like: When we dated; when friendship, etc.)
What SPECIFICALLY did you do	wrong?
List harmful acts and behaviors. Viv	vid incidents should be mentioned.
How did you act, GENERALLY sp	aaking?
•	-
Make a list of adjectives that descri	be your defect-related behavior.
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Avoid these common pitfalls:		
• Don't make excuses or justify your behavior; never blame your behavior on substances.		
• Don't mention the recipient's behavior.		
• Don't unburden yourself at their expense you must not cause further harm through making amends!		
 Don't tell them how they felt about your behavior. Stick to your own actions. "I tried to make you jealous" instead of "I made you jealous." 		
When (What time period are you addressing? Like: When we dated; when we lived together; throughout our friendship, etc.)		
What SPECIFICALLY did you do wrong?		
List harmful acts and behaviors. Vivid incidents should be mentioned.		
How did you act, GENERALLY speaking?		
Make a list of adjectives that describe your defect-related behavior.		
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