

An amends guide we can use has 4 parts:

- 1.) “Thank you for \_\_\_\_\_” (the role they played in your life, or a specific act they performed to help you)
- 2.) “I was wrong to \_\_\_\_\_” (specifically say what you did that harmed them. If it’s more than one thing, list them. If it was a long period of harmful behavior choose a few incidents out that highlight the general harm).
- 3.) “That is the harm that I can see that I caused you, is there any other pain I’ve caused you that I didn’t mention that you would like to tell me about?” (Be quiet and listen, don’t interrupt, don’t explain, or correct them, just listen).
- 4.) “What can I do to make things right between us?” (Do not commit to requests that seem unreasonable, if you are unsure tell them you will need time to consider their request and then discuss it with your sponsor before responding to their request).