

STEP 8: PREPARING TO MAKE AMENDS

RECIPIENT	RELATIONSHIP
The basic formula for 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:	
<ul style="list-style-type: none"> • 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.	
I Was...	

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