

Exercise S9-1 Making Amends Table

Our overall goal in making amends is to clean up our side of the street. To do that, we accept responsibility for the harm we have caused others and attempt to make things right. We do not attempt to control how anyone will react to our amends.

In this exercise, we will use a table to help us organize our thoughts, words, and actions in making amends to others. We will complete a table for each person to whom we are making amends, regardless of the form of amends.

For direct, in person amends, the table will provide the content for our conversation with the person we have harmed.

NOTE: The tables are not intended to be given to or read to the person to whom you are making amends. Amends should be conversational. Talk to the person; engage in eye contact and share feelings through your voice. Do not deliver a dry reading of a prepared script. You may experience a variety of emotions when making amends, so it is OK to have notes or even a written letter with you.

However, don't just look at your paper and read it. Engage the person!

For indirect amends, the table will provide an outline for the contents of our amends letter.

Before starting on this table, retrieve your Step 8 table as an aid. When completing the Harm section, you may wish to consider the following. You can provide a list of various behaviors that you believe were harmful – lying, gaslighting, engaging in various types of acting out (porn, affairs, paid sex, etc.). You may also get more in touch with the harm experienced by the other person if you list your behaviors AND then include a statement of how the other person experienced the harm. Examples: I engaged in gaslighting you on many occasions; this harmed you by causing you to question your sanity. I engaged in multiple affairs; this harmed you so that you questioned your physical and emotional attractiveness as a woman.

As you complete the Step 9 table, consider the following:

Intentions – it is important that your intentions reflect true humility; that you seek no purpose other than attempting to “making things right” with the other person. Be sure to fully discuss intentions with your sponsor before making amends.

Amends – When determining the appropriate amends to make, try to answer the question, “What can I do to make things right?”

You may duplicate the table as many times as needed. Please see the example below for reference.

EXAMPLE:

#1	Date amends were made: 7/13/2010
Name	My wife
Harm (Past)	I lied to her multiple times. I cheated on her with other women. I manipulated her with my deception and controlled her with my anger. On one specific occasion, I let her clean the floor and scrub the walls while she was pregnant rather than offering to help her.

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Thoughts (Now)	I am extremely blessed and grateful to still be married to her and to have reconnected on an intimate level. I was a poor husband to her in my addiction and treated her poorly. I manipulated her over and over and took advantage of her trust in me. I now struggle with trying to regain her trust and will do so for a very long time. The harm I caused her was the greatest in her life, even more than her mother's death; I am remorseful because of this.
Feelings (Now)	I feel a lot of guilt of how I treated her and how I allowed my sexual sin to place her second to my personal needs. I feel sad because of how open and trusting she was and how I let her down and took advantage of her trusting nature.
Intentions (Now)	My intention is to apologize for my actions, character defects, and breaking of our marriage vows all in an effort to glorify God with a restored marriage if it is His will for the both of us.
Amends (Now and/or Future)	I want to apologize to my wife, to tell her how very sorry I am for my actions. I am sorry for my character defects, such as being selfish, self-centered, and blaming her for my problems. I am sorry for my betrayal and for the breaking of our marriage vows. I will make a verbal commitment to her with my intent to make these "living amends" for the rest of our lives and marriage together. My living amends are to become a better husband (including helping her clean around the house), work thoroughly on my recovery program, and become healthy enough to contribute selflessly to our marriage.

#1	Date amends were made:
Name	
Harm (Past)	
Thoughts (Now)	
Feelings (Now)	
Intentions (Now)	
Amends (Now and/or Future)	

#2	Date amends were made:
Name	
Harm (Past)	

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Thoughts (Now)	
Feelings (Now)	
Intentions (Now)	
Amends (Now and/or Future)	

#3	Date amends were made:
Name	
Harm (Past)	
Thoughts (Now)	
Feelings (Now)	
Intentions (Now)	
Amends (Now and/or Future)	

#4	Date amends were made:
Name	
Harm (Past)	
Thoughts (Now)	
Feelings (Now)	
Intentions (Now)	
Amends (Now and/or Future)	

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#5	Date amends were made:
Name	
Harm (Past)	
Thoughts (Now)	
Feelings (Now)	
Intentions (Now)	
Amends (Now and/or Future)	

#6	Date amends were made:
Name	
Harm (Past)	
Thoughts (Now)	
Feelings (Now)	
Intentions (Now)	
Amends (Now and/or Future)	

#7	Date amends were made:
Name	
Harm (Past)	
Thoughts (Now)	
Feelings (Now)	
Intentions (Now)	

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Amends (Now and/or Future)	
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#8	Date amends were made:
Name	
Harm (Past)	
Thoughts (Now)	
Feelings (Now)	
Intentions (Now)	
Amends (Now and/or Future)	

#9	Date amends were made:
Name	
Harm (Past)	
Thoughts (Now)	
Feelings (Now)	
Intentions (Now)	
Amends (Now and/or Future)	

#10	Date amends were made:
Name	
Harm (Past)	

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Thoughts (Now)	
Feelings (Now)	
Intentions (Now)	
Amends (Now and/or Future)	