

Exercise S9-3 Reflections on Having Made Amends

After making several amends (direct and indirect), it is good to process the feelings and emotions of having made amends. In the space below, write about:

- the experience of making amends,
- the other person's reaction,
- your thoughts about the process, and
- especially your feelings before and after you make amends

Discuss each amends separately – do not reflect on the process as a whole. Write a paragraph about each amends made.