
Making Amends

twelve steps - step nine - (pp. 83-87) - but amends at this level should always be forthright and generous. there can only be one consideration which should qualify our desire for a complete disclosure of the damage we have done. that will arise in the occasional situation where to make a full revelation would seriously harm the one to whom we are making amends. or—quite as ... **writing amends letters to the people you have hurt with ...** - writing amends letters to the people you have hurt with your controlling, disrespectful, and abusive behavior! a critical part of the recovery process around issues related to anger, disrespect, control, and abuse (for both you the abusive person and for others you have hurt, especially if you are trying to reconcile **how to make amends: a key to emotional freedom william ...** - admitting when we are wrong and making amends for our wrongs can go a long way toward improving our relationships with others. if focusing on making amends to those in the past seems like an insurmountable task, then simply start with making “living amends” to those who are part of your life each day. it is **overcoming guilt & making amends - kcampbelltherapy** - overcoming guilt & making amends guilt is a natural response to the perception that we have done harm. sometimes the guilt is appropriate (example: if you did something that you knew ahead of time would or could cause harm). **making amends: the three r's of recovery** - making amends: the three r's of recovery by chip delorenzo, m.ed. “errors divide men, but their correction is a means of union. it becomes a matter of general interest to correct errors wherever they may be found. **9th step worksheet made direct amends to such people ...** - 9th step worksheet made direct amends to such people wherever possible, except when to do so would injure them or others. 1. person (alcoholics anonymous, alcoholics anonymous world services, inc.) how do you feel about making amends to the persons listed in step 8? feelings/emotions reasons

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