

Amends Chart of Step 8 and 9

The Relationship Doesn't Feel Right With These People	My Amends Statement of a Few Sentences. (Either memorized or written where I can read it to them.)	NOW	MAYBE	NEVER

A checkmark in the **Now** column, means you are completely willing to do the amends, and have a Harms Statement written. The **Now** list means that you can initiate amends in the near future. **Maybe** means you don't know if they should receive an amends or that you need to get help with what to say. **Never** should be those to whom it would cause harm for that person, or for you, if you tried to make an amends. Usually these are the ones that had been associated with deep seated resentments. With these folks we can do a living amends. See posts on amends preparation for help with this form. Please copy and use. Provided by: www.Goodlifenoalcohol.net

Amends Chart of Step 8 and 9

The Relationship Doesn't Feel Right With These People	My Amends Statement of a Few Sentences or Fewer. (Either memorized or written where I can read it to them.)	NOW	MAYBE	NEVER

A checkmark in the **Now** column, means you are completely willing to do the amends, and have a Harms Statement written. The **Now** list means that you can initiate amends in the near future. **Maybe** means you don't know if they should receive an amends or that you need to get help with what to say. **Never** should be those to whom it would cause harm for that person, or for you, if you tried to make an amends. Usually these are the ones that had been associated with deep seated resentments. With these folks we can do a living amends. See posts on amends preparation for help with this form. Please copy and use. Provided by: www.Goodlifenoalcohol.net