

How to Make **EFFECTIVE AMENDS**

1

BE SINCERE

Don't make the amends unless you are ready. Avoid doing it by email or text which shows a lack of caring.

2

ACKNOWLEDGE THE MISTAKE

Be honest about what you said or did. Or, *what you avoided* that may have caused harm.

3

BE SPECIFIC

Saying you were wrong is great but specifically name it shows more accountability.

4

BE SINCERE

Don't make the amends unless you are in the right frame of mind. If the timing isn't right it's not worth it.

5

LISTEN AND VALIDATE

Be willing to listen. Validate their feelings by showing them you understand why they were hurt.

6

LET GO OF THE RESULT

No matter what reaction you get, you are building integrity and that will benefit you in the long run.

Making Amends

Anonymous



Making Amends:

12 Hidden Rewards of Making Amends Allen Berger, 2013-05-28 Did you know there are hidden rewards to making amends Without a willingness to experience our painful feelings we can never grow and mature into the person we d like to be We can never reach our potential We can never become our true self To grow we must stay in close contact with our experience whatever it is We need to stay in close contact with how we behaved in our relationships in order to make a thorough list of those we have harmed We must face the wrongs we have done without running away from the truth If we were rigorously honest with ourselves while making the list of people we had harmed we probably felt one or more of the following feelings anxiety shame discomfort or guilt This is exactly what we were suppose to feel We were learning that we don t have to feel comfortable to be OK In fact another hidden reward is that the more willing we are to feel uncomfortable the more comfortable we become Yes another paradox One of the many hidden rewards in working Steps 8 9 and 10 is to stay in close contact with our experience so we can learn from it This self understanding is at the heart of self forgiveness and emotional recovery Excerpted from 12 Hidden Rewards of Making Amends

Understanding the Twelve Steps

Terence T. Gorski, 1991-04-15 An interpretation and guide to the 12 steps of Acoholics Anonymous Borderline Personality Disorder For Dummies Charles H. Elliott, Laura L. Smith, 2009-07-01 Your clear compassionate guide to managing BPD and living well Looking for straightforward information on Borderline Personality Disorder This easy to understand guide helps those who have BPD develop strategies for breaking the destructive cycle This book also aids loved ones in accepting the disorder and offering support Inside you ll find authoritative details on the causes of BPD and proven treatments as well as advice on working with therapists managing symptoms and enjoying a full life Review the basics of BPD discover the symptoms of BPD and the related emotional problems as well as the cultural biological and psychological causes of the disease Understand what goes wrong explore impulsivity emotional dysregulation identity problems relationship conflicts black and white thinking and difficulties in perception and identify the areas where you may need help Make the choice to change find the right care provider overcome common obstacles to change set realistic goals and improve your physical and emotional state Evaluate treatments for BPD learn about the current treatments that really work and develop a plan for addressing the core symptoms of BPD If someone you love has BPD see how to identify triggers handle emotional upheavals set clear boundaries and encourage your loved one to seek therapy Open the book and find The major characteristics of BPD Who gets BPD and why Recent treatment advances Illuminating case studies Strategies for calming emotions and staying in control A discussion of medication options Ways to stay healthy during treatment Tips for explaining BPD to others Help for parents whose child exhibits symptoms Treatment options that work and those you should avoid **A Program For You** Anonymous, 2009-10-23 A Program for You leads each of us newcomer or old timer to a deeper understanding of recovery as a way of life A Program for You leads each of us newcomer or old timer to a deeper understanding of recovery as a way of life

A Program for You clears our way for discovering positive powerful answers to these questions In the years since 1939 the Big Book Alcoholics Anonymous has guided millions in their search for a design for healthy living free of addictive behaviors Now two program old timers share their years of intensive study of the Big Book revealing the vitality of its message for those of us reading it today This celebration of the basic text of Twelve Step recovery breathes new life into the Big Book s timeless wisdom Thoroughly annotated line and page written with down to earth humor and simplicity and providing a contemporary context for understanding A Program for You helps us experience the same path of renewal that Bill W and the first on hundred AA members did

The Power of Apology Beverly Engel,2002-02-28 Fresh and useful excellent practical advice thorough and lucid will be welcomed by many who have struggled to ask forgiveness and to forgive Publishers Weekly A finalist in the Books for a Better Life Awards competition Discover the healing power of apology and put its magic to work in your life Do you have a difficult time apologizing or are you involved with someone who does Do you tend to overapologize and appear weak in others eyes Do you want to reconcile with someone but feel they owe you an apology first Do you need to apologize or make amends to someone but don t know how to go about it In this inspiring book from internationally acclaimed therapist and self improvement author Beverly Engel you will learn why some people have difficulty apologizing while others tend to overapologize You ll learn how to give a meaningful apology how to ask for one and how to receive one From making amends with those you have hurt to dealing with someone who refuses to apologize to teaching children responsibility and empathy this life changing book shows you how to bring a healing new element of renewal into every relationship in your life Beverly Engel has eloquently explained the power of apology in a remarkably insightful and perceptive manner No one has been better able to explain what an apology means and its role in reconciliation Rabbi Charles A Klein author of How to Forgive When You Can t Forget Healing Our Personal Relationships Readers of this wise and lucid guide to the neglected art of authentic apology will acquire a powerful tool to help repair relationships with others and with themselves Jeanne Safer Ph D author of Forgiving and Not Forgiving A New Approach to Resolving Intimate Betrayal An engaging and in depth book on a subject that has rarely been addressed so intelligently and thoroughly Ms Engel offers the reader specific suggestions that can help you improve all your relationships Steven Farmer M F T author of Adult Children of Abusive Parents

Moral Repair Margaret Urban Walker,2006-09-18 Moral Repair examines the ethics and moral psychology of responses to wrongdoing Explaining the emotional bonds and normative expectations that keep human beings responsive to moral standards and responsible to each other Margaret Urban Walker uses realistic examples of both personal betrayal and political violence to analyze how moral bonds are damaged by serious wrongs and what must be done to repair the damage Focusing on victims of wrong their right to validation and their sense of justice Walker presents a unified and detailed philosophical account of hope trust resentment forgiveness and making amends the emotions and practices that sustain moral relations Moral Repair joins a multidisciplinary literature concerned with transitional and restorative justice

reparations and restoring individual dignity and mutual trust in the wake of serious wrongs *Codependency For Dummies*
 Darlene Lancer, 2015-02-05 Your trusted guide to value yourself and break the patterns of codependency *Codependency For Dummies* 2nd Edition is the most comprehensive book on the topic to date Written in plain English and packed with sensitive authoritative information it describes the history symptoms causes and relationship dynamics of codependency The majority of the book is devoted to healing and lays out a clear plan for recovery with exercises practical advice and daily reminders to help you know honor protect and express yourself New to this edition are chapters on working the Twelve Steps to recover from codependency and how therapists coaches nurses are affected by codependency Codependence is primarily a learned behavior from our family of origin Some cultures have it to a greater degree than others some still see it as a normal way of living Yet the costs of codependence can include distrust faulty expectations passive aggressiveness control self neglect over focus on others manipulation intimacy issues and a slew of other harmful traits Codependence causes serious pain and affects the majority of Americans not just women and loved ones of addicts *Codependency For Dummies* 2nd Edition offers authoritative and trusted guidance on ways to raise your self esteem detach and let go set boundaries recognize healthy vs dysfunctional relationships overcome guilt and resentment and much more Helps you break the pattern of conduct that keeps you in harmful relationships Provides trusted guidance to create healthy boundaries coping skills and expectations Offers advice for eliminating feelings of guilt blame and feeling overly responsible Explains the difference between care giving and codependent care taking If you re trapped in the cycle of codependency and looking for help *Codependency For Dummies* 2nd Edition offers trusted advice and a clear plan for recovery *The Normative and the Evaluative* Rach Cosker-Rowland, 2019-01-31 Many have been attracted to the idea that for something to be good there just have to be reasons to favour it This view has come to be known as the buck passing account of value According to this account for pleasure to be good there need to be reasons for us to desire and pursue it Likewise for liberty and equality to be values there have to be reasons for us to promote and preserve them Extensive discussion has focussed on some of the problems that the buck passing account faces such as the wrong kind of reason problem Less attention however has been paid as to why we should accept the buck passing account or what the theoretical pay offs and other implications of accepting it are *The Normative and the Evaluative* provides the first comprehensive motivation and defence of the buck passing account of value Rach Cosker Rowland argues that the buck passing account explains several important features of the relationship between reasons and value as well as the relationship between the different varieties of value in a way that its competitors do not She shows that alternatives to the buck passing account are inconsistent with important views in normative ethics uninformative and at odds with the way in which we should see practical and epistemic normativity as related In addition she extends the buck passing account to provide an account of moral properties as well as all other normative and deontic properties and concepts such as fittingness and ought in terms of reasons **The Adolescent Psychotherapy Progress**

Notes Planner David J. Berghuis, L. Mark Peterson, William P. McInnis, Arthur E. Jongsma, Jr., 2011-02-10 As with the previous edition *The Adolescent Psychotherapy Progress Notes Planner Third Edition* helps mental health practitioners reduce the amount of time spent on paperwork by providing a full menu of pre written progress notes that can be easily and quickly adapted to fit a particular patient need or treatment situation *The Veterans and Active Duty Military Psychotherapy Progress Notes Planner* Arthur E. Jongsma, Jr., David J. Berghuis, 2010-01-19 The Veterans and Active Duty Military Psychotherapy Progress Notes Planner contains complete prewritten session and patient presentation descriptions for each behavioral problem in *The Veterans and Active Duty Military Psychotherapy Treatment Planner* The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 39 behaviorally based presenting problems including nightmares post deployment reintegration combat and operational stress reaction amputation and or loss of mobility adjustment to killing and depression Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TR diagnostic categories in *The Veterans and Active Duty Military Psychotherapy Treatment Planner* Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Presents new and updated information on the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA **The Addiction Progress Notes Planner** David J. Berghuis, Arthur E. Jongsma, Jr., 2015-03-20 Save hours of time consuming paperwork *The Addiction Progress Notes Planner Fifth Edition* provides prewritten session and patient presentation descriptions for each behavioral problem in the *Addiction Treatment Planner Fifth Edition* The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 44 behaviorally based presenting problems including depression gambling nicotine abuse dependence chronic pain and eating disorders Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM 5 diagnostic categories in *The Addiction Treatment Planner Fifth Edition* Offers sample progress notes that conform to the latest ASAM guidelines and meet the requirements of most third party payors and accrediting agencies including CARF TJC COA and the NCQA Incorporates new progress notes language consistent with Evidence Based Treatment Interventions *The Adolescent Psychotherapy Progress Notes Planner* Arthur E. Jongsma, Jr., Katy Pastoor, David J. Berghuis, Timothy J. Bruce, 2024-01-11 Save hours of time consuming paperwork with the bestselling planning system for mental health professionals *The Adolescent Psychotherapy Progress Notes Planner Sixth Edition* provides more than 1 000 complete prewritten session and patient descriptions for each behavioral problem in

The Adolescent Psychotherapy Treatment Planner Sixth Edition Each customizable note can be quickly adapted to fit the needs of particular client or treatment situation An indispensable resource for psychologists therapists counselors social workers psychiatrists and other mental health professionals working with adolescent clients The Adolescent Psychotherapy Progresss Notes Planner Sixth Edition Provides over 1 000 prewritten progress notes describing client presentation and interventions implemented Covers a range of treatment options that correspond with the behavioral problems and current DSM TR diagnostic categories in the corresponding Adolescent Psychotherapy Treatment Planner Incorporates DSM 5 TR specifiers and progress notes language consistent with evidence based treatment interventions Addresses more than 35 behaviorally based presenting problems including social anxiety suicidal ideation conduct disorder chemical dependence bipolar disorder low self esteem ADHD eating disorders and unipolar depression Includes sample progress notes that satisfy the requirements of most third party payors and accrediting agencies including JCOA CARF and NCQA Features new and updated information on the role of evidence based practice in progress notes writing and the status of progress notes under HIPAA

DBT Skills Training for Integrated Dual Disorder Treatment Settings Lane Pederson, Psy.D., LP, DBTC, 2013-02-25 The National Institute on Drug Abuse NIDA reports that six of ten individuals with a substance use disorder meet criteria for another mental illness diagnosis These co occurring disorders present significant challenges for both chemical dependency and mental health practitioners across levels of treatment intensity To answer these challenges Dialectical Behavior Therapy DBT has emerged as a highly teachable and applicable approach for people with complex co morbidities This workbook outlines the acceptance based philosophies of DBT with straight forward guidelines for implementing them in Integrated Dual Disorder Treatment IDDT settings along with comprehensive explanations of DBT skills tailored for those with dual disorders Includes reproducible handouts

Therapist's Guide to Substance Abuse Intervention Sharon L. Johnson, 2003-06-07 Author of AP's bestselling Therapist's Guide to Clinical Intervention now turns her attention to substance abuse intervention The book will follow a similar format to her previous book presenting information in easy to read outline form with relevant forms patient questionnaires checklists business documents etc Part I discusses the social impact of substance abuse and provides a general overview of the physiological and psychological characteristics of abuse DSM IV definition of abuse and classifications of the varying types of drugs Part II is the main section of the book and covers assessment different stages of abuse recovery and treatment choices Coverage includes the discussion of myriad self help choices e g AA group therapy brief therapy and more Discussion will also include making a determination of treatment as inpatient or outpatient and issues relevant to special populations teenagers geriatrics comorbidity patients etc Part III presents skill building resources Part IV covers prevention quality assurance and also includes a glossary Outlines treatment goals and objectives Outlines for assessing special circumstances Offers skill building resources to supplement treatment

No Fault, No Blame, No Excuse Cliff Bond, 2014-04-25 This is an account of the

authors work with addicted clients and their codependent families in recovery from addiction as well as an exploration of the excessive shame guilt fault blame and excuses that go along with it What worked for them can surely apply to us all even if our stories might not be quite as extreme Tell me a story is not just for children to say Read these stories for yourself and appreciate the wisdom and guidance that can come from practical application of truth that fits everyones story In the beginning was the Word was said by the Apostle John as the opening statement in his record of the Christ In the beginning was the Story would not be a bad translation either

Woman's Way through the Twelve Steps Bundle Stephanie Convington,2024-11-12 This is a bundle of A Woman s Way through the Twelve Steps and A Woman s Way through the Twelve Steps Workbook

The New Happiness Matthew McKay,Jeffrey C. Wood,2019-03-01 It s time to redefine happiness In this breakthrough workbook readers will discover a more effective way to achieve satisfaction and fulfillment rooted in spiritual values and actions Blending time tested spiritual wisdom with evidence based psychological practices readers will learn how to experience happiness on their own terms even when faced with life s unavoidable obstacles and losses

Marketing Law Peter Gillies,Niloufer Selvadurai,2008 Marketing Law covers Australian and applicable international laws applying to manufacturing packaging labelling advertising promotion pricing and the sale of goods and services The authors outline the applicable legal principles and legislation and cover the extensive case law with extracts of critical cases There are 12 chapters The Expression of Ideas Copyright Branding Designs and Inventions Consumer Protection Defamation Confidential Information Unfair Selling Practices Product Liability Arrangements Restricting Competition Exclusive Dealing Misuse of Market Power and Insurance Topics covered include statutory frameworks applying to copyright designs trade marks and patents the common law tort of passing off applying to unfair selling practices confidential information potential defamatory liability legislation in relation to product quality and liability trade practices laws and the responsibilities of marketers restrictive trade practices with specific emphasis on the prohibitions on arrangements restricting competition exclusive dealing and misuse of market power

NIV, Celebrate Recovery Study Bible (35th Anniversary Edition) Zondervan,2025-06-17 Find freedom from life s hurts hang ups and habits The NIV Celebrate Recovery Study Bible is a powerful and positive ally This Bible is based on eight recovery principles found in Jesus Sermon on the Mount and on the underlying Christ centered twelve steps of the proven Celebrate Recovery program This Bible and all of its added content lifts you up and shows you how to walk step by attainable step on a path of healing and liberty Based on the proven and successful Celebrate Recovery program developed by John Baker and Rick Warren the NIV Celebrate Recovery Study Bible offers hope encouragement and through developing a relationship with Jesus Christ empowerment to rise above your struggles Celebrate Recovery is a biblically based program that helps those who are struggling by showing them the loving power of Jesus Christ through the recovery process The Celebrate Recovery program is offered in thousands of churches worldwide Features Complete text of the accurate readable and clear New International Version NIV Articles

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Living with Reality Beth Maynard Green, 2011-11-10 Many of us know we need to change but how do we do it Spiritual teacher and intuitive counselor Beth Maynard Green offers a thorough compassionate and practical guide to personal and collective transformation This step by step handbook gives solutions for overcoming ego domination becoming happier and more relaxed and achieving higher consciousness It blends new and old wisdom in ways that are fresh yet familiar In Section 1 of *Living with Reality* Maynard Green shares original insights into who we are and includes the genesis of the ego the development of our personalities from birth the roles of fear and pain and the causes of addiction Section 2 provides a program for change and discusses challenging yet commonsense paradigms clear explanations of our habitual behavior patterns and ways to break them practices that make us more relaxed happy and supportive to our world self help exercises including detailed questions for self reflection techniques to access higher consciousness Practical and powerful *Living with Reality* is a manual for living and a vehicle for both group and individual study and transformation Read it Live it

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Making Amends**

In some sort of inundated with screens and the cacophony of instantaneous transmission, the profound energy and psychological resonance of verbal art frequently fade into obscurity, eclipsed by the regular barrage of noise and distractions. Yet, set within the lyrical pages of **Making Amends**, a fascinating perform of literary splendor that pulses with fresh emotions, lies an remarkable trip waiting to be embarked upon. Composed with a virtuoso wordsmith, that exciting opus guides readers on an emotional odyssey, lightly revealing the latent potential and profound influence stuck within the elaborate internet of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is central subjects, dissect its charming writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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