

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

Linda Radzik



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 *Making Amends - A 52-Week Challenge to a Better You* Gabrielle Dixon,2020-04-29 The book is designed to help readers better understand their emotions and learn to forgive others and themselves Essentially making amends with themselves This book will provide options for the reader to choose which challenge they would like to perform each week throughout the next year The book will also ask them questions after each week and provide a place for their notes A reflection section is provided and will allow the reader to reflect on what they have learned or achieved over the past 4 weeks They will be challenged to expand their knowledge and help them to overcome bad habits learn to control their reactions and better understand themselves It will encourage them to learn about values and responsibility Ultimately it will teach them to forgive others and themselves It will challenge them to make amends to others by taking action The first few pages of the book give a glimpse of who I am and what I went through in my life The reader learns about my past and what forced me to overcome my challenges I explain how I am not a professional and all challenges are acts that I myself have done I am a regular person just like my reader **Spiritual Transformation in the Twelve Steps** Darlene Lancer,2014-10-09 The Twelve Steps of Twelve Step programs can be used to attain spiritual transformation and unshackle the true self from the constraints of the ego Incorporating concepts of Carl Jung *Spiritual Transformation in the Twelve Steps* is a workbook that provides exercises and an in depth psycho spiritual analysis of how each step is designed to be practiced to achieve this spiritual awakening whether or not you believe in God It describes a powerful process of personal transformation anyone can use but is particularly oriented to those in addiction and codependency recovery The Twelve Steps are based upon universal principles which provide an effective model for living Working the steps not only frees you of addiction but also a holds the promise of a personality transformation attested to by thousands of members of Twelve Step programs Renowned psychiatrist Carl Jung had a major influence on the founder of Alcoholics Anonymous Bill Wilson Jung believed that each person has a personal journey of transformation to enable expression of his or her innate potential Jung felt that this transformation involved replacing the ego with the larger Self as the driving force of one s life and that spirit replacing spirits could cure alcoholism *Making Amends* Linda Radzik,2009-02-02 Can wrongs be righted Or does the impossibility of changing the past mean that we remain permanently guilty While atonement is usually considered a theological topic this book uses the resources of secular moral philosophy to explore the possibility of correcting the wrongs

we do to one another 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* **Making Amends** Aa Grapevine, 2017-04-15 Candid stories from AA members about their experiences with Steps Eight and Nine Includes chapters about amends with parents friends exes financial institutions coworkers and more *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

Recovery - Twelve Simple Steps to a Life Beyond Addiction Lynden Finlay,2015-01-08 Are you sick and tired of being addicted Do you want to recover but think the 12 Step programme is not for you because you don t believe in God This book presents a new version of the Steps which is simple and do able by everyone whether they have a particular faith or not Research now proves beyond doubt that the 12 Step programme is a way to long term recovery so if you are suffering from addiction or are a GP who knows your addicted patient needs more support than you can provide this book is for you Lynden Finlay has over twenty years experience both in addictions counselling and personally recovering from addictions herself working closely with the Twelve Steps programme during that time Over the years she has seen many residents benefit from this version which has at its heart not a focus on God but on the healing power of one addict helping another

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

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 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 Progress 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 *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 *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 *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 Therapist's Guide to Substance Abuse Intervention Sharon L. Johnson, 2003-04-28 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 **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

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