

AMENDS WORKSHEET

Use this worksheet to figure out steps you can take to heal and repair connection to yourself and others after you relapse into your escape behaviors and/or disconnecting relational patterns. These reactions always hurt you, as well as others, so fill one out focusing on yourself each time.

I behaved in ways that are incongruent with who I am and who I want to be by doing the following (be as specific as possible):

In doing so, I broke the following promises (spoken or unspoken) to you, our relationship, others, and myself:

I imagine my relapse hurt you and our relationship in these ways because anyone who experienced this would be hurt because:

I imagine my behaviors may have been painful for you specifically because:

I am so sorry I hurt you. These are the steps I've already taken to help create safety for you and to repair the pain I've caused:

The steps/actions I am taking so I don't do this again in the future are:

Ask the person you are making amends to: "Is there anything else that might be helpful for me to consider, focus on, or do to help repair this?" Write their feedback below so you can process through it.
