NEW DAY RECOVERY
Session 23 Handout

Making Amends: Preparation Before Contact

From Session 23. An amend is preparation before contact. Nobody makes an amend this week because a curriculum said so.

Name: _____ **Date:** _____

An amend is more than an apology: owning a specific harm, naming its impact, and making repair where repair is possible. First the list, sorted honestly. Then the two tests, applied to every entry.

Person harmed	Now / Later / With Guidance	Why this category

The two tests — for every entry

- ☐ Is it safe?
- ☐ Could contact cause more harm?

With Guidance means anyone where contact could injure — an ex-partner with a protective order or a new family, a victim of our crime, an employer, anyone we could endanger or destabilize by appearing. Legal and court matters always route through an attorney and the Program Director.

Draft the structure of one amend

"I did _____ (facts, no excuses, no 'but you'). I understand it cost you _____. Here is the repair I am making or offering: _____. I do not expect or demand your forgiveness or a relationship."

Homework: take your list to your coach, counselor, or sponsor before the next session and review every entry together. Report back only this: reviewed, or appointment set. No amend contacts this week unless your reviewer clears a specific one.