NEW DAY RECOVERY

Session 24 Handout

Living Amend Commitment

From Session 24. Trust is settled in the currency of time plus consistency.

Name: _____ **Date:** _____

"I'll be there more" is a wish. "I will be at Sunday dinner, sober, phone away, for the next twelve weeks — including the weeks it's awkward" is an amend.

My living amend	My answer
The harm pattern (unreliability, dishonesty with money, absence, rage)	
The opposite behavior	
How often	
Season: from _____ to _____	
Evidence I will keep	
Accountability person	
Obstacle most likely to break it, plus the counter-plan	

Do not announce it as a campaign. Where a conversation is appropriate, state it once, plainly. Then let repetition do the talking.

Homework: begin this week — day one counts even if nobody sees it but you. Log the evidence daily in your workbook. Bring the log to Session 27.