# Session 23: Making Amends: Preparation Before Contact

**Phase 3 — Rebuilding: Relationships and Life (Weeks 4–6) · Week 5 — Forgiveness and Amends**

**Date: _____ My craving today (0–10): _____ One word for my week: _____**

*Handout for this session: the Session 23 handout (Making Amends: Preparation Before Contact) — in the Handouts Packet.*

## What we're learning

An amend is more than saying sorry. It is owning a specific harm, naming its impact, and making repair where repair can be made — money repaid on a plan, property returned, a record set straight, behavior changed for good. But contact comes last, not first. This session is preparation only: build the full list of people harmed, sort it honestly (now, later, with guidance, never), and draft a careful script for one entry. No amend contacts this week unless your coach, counselor, or sponsor clears a specific one after reviewing your list.

- The amend is for the harmed person's benefit If the contact mainly relieves our guilt while reopening their wound, it fails the test — however sincere it feels. Motive gets examined with a coach before contact, always.
- Direct where possible, living where not Some amends cannot be made to the person (death, danger, no contact possible). Living amends — sustained changed behavior, anonymous restitution, service — carry those honestly rather than pretending a conversation happened.
- Repayment is a plan, not a promise Stolen or owed money becomes a written schedule we actually keep, coordinated with Week 6's money work. A kept $25-a-month plan repairs more trust than a tearful lump-sum promise that evaporates.
- No amend buys an outcome The other person may receive it, refuse it, or never respond. Our part is the honest offering; their response belongs to them.

## Goals for this session

- ☐ I can build a complete amends list sorted into Now, Later, and With-Guidance categories
- ☐ I can apply the two tests to every entry — is it safe, and could contact cause more harm?
- ☐ I can draft the structure of one amends: ownership, impact, repair, no excuses

## Check-in

*What amend have you already attempted in your life that went badly — and what was missing: timing, safety, honesty, or humility?*

## Discussion — write your answers

*Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.*

**1. Which category surprised you as you sorted — someone you expected to be Now who belongs in Later or With Guidance?**

**2. What excuse most wants to sneak into your draft ('I was using,' 'you also…,' 'that was the old me')?**

**3. What repair is actually in your power for your top entry — money, return, record, or changed behavior?**

**4. Who will review your list before any contact — name them today.**

## Session 23 — Skill Practice

List-building workshop (quiet writing, 15 minutes): participants build their full list in workbooks, sort it, then apply the two tests to their top Now entry and draft its four-part script. Facilitator and any co-facilitator circulate, checking drafts for excuses, oversharing, and unsafe entries — and flagging With-Guidance items for follow-up. No scripts are performed or shared aloud in full group.

**Build your amends list in the table below. Sort each entry: Now / Later / With Guidance / Never. Then draft the four-part script for your top "Now" entry — with your reviewer's approval before any contact.**

| Person harmed | The harm, in facts | Sort: Now / Later / With Guidance / Never |
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**My four-part script for my top "Now" entry — (1) what I did, (2) its impact, (3) what I am doing to repair it, (4) what I am asking or offering:**

## My takeaway

*The one thing from this session I most need to remember — in my own words:*

## Homework — this week's application

☐ 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.

**Space to do the homework and note how it went:**

*An optional Scripture handout for this session is available from your facilitator on request.*