Session 24: Living Amends: The Apology People Can Verify

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 24 handout (Living Amend Commitment) — in the Handouts Packet.

What we're learning

Some harms cannot be undone by a conversation: years missed, trust spent, a person who will not take the call. A living amend answers that. We name the pattern that caused the harm — unreliability, dishonesty with money, absence, anger — and we commit to its opposite, in specific actions, over a set season, with evidence someone can check. It is the apology people can verify, because they can watch it happen week after week.

- A living amend is a behavior with a date range '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.
- Do not announce it as a campaign Where a conversation is appropriate, state it once, plainly. Then let repetition do the talking. Repeated announcements with thin follow-through are the old life in new vocabulary.
- Evidence protects us too Verifiable change gives the participant their own record to stand on in Week 3's shame storms: not feelings about being better — dates, receipts, kept commitments.
- Some ledgers close quietly A living amend may never be acknowledged by the person it honors. It still counts — in our own integrity, and in who our children and community watch us become.

Goals for this session

☐ I can define living amends as sustained, verifiable change directed at the pattern that caused harm

☐ I can convert one past harm into a 90-day living-amend commitment with observable evidence

☐ I can explain why consistency over time — not intensity in a moment — rebuilds credibility

Check-in

Whose belief in your change matters most to you — and what evidence, honestly, have they seen so far?

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 pattern of yours caused the widest harm — and what is its exact opposite behavior?

2. For your chosen amend, what would count as evidence at day 30, 60, and 90?

3. Where are you tempted to announce instead of perform?

4. What support or structure (rides, reminders, accountability person) does this amend need to survive a bad week?

Session 24 — Skill Practice

Participants complete the Living Amend Commitment page: harm pattern, opposite behavior, frequency, season (start/end dates), evidence I will keep, accountability person, and the obstacle most likely to break it plus the counter-plan. Pairs exchange commitments and schedule a weekly two-minute check-in with each other for the season — accountability is assigned in the room, not left to intention.

My Living Amend Commitment: harm pattern / opposite behavior / how often / season (start–end dates) / evidence I will keep / accountability person / biggest obstacle and my counter-plan.

Commitment	Write yours
Harm pattern	
Opposite behavior	
How often	
Season (start – end dates)	
Evidence I will keep	
Accountability person	
Biggest obstacle + my counter-plan	

My takeaway

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

Homework — this week's application

☐ Begin your living amend 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.

My log for the week:

Day / date	What happened — what I did	Notes

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