

Making Reparations

If you have injured another person, you might think about making amends for your actions. Trying to repair the damage you have done can be an important component in healing yourself and the relationship. Making amends involves recognizing what you did, being courageous enough to face the person you have hurt, asking forgiveness, and determining what you can do to repair the hurt you caused. The worksheet below can help you make your personal plan to make amends for hurting someone.

Making Reparations for Hurting Someone

This is who I hurt:

This is what I did that was hurtful:

This is why it was wrong (my values that I violated). "What were my mistakes? Where was I to blame. Where have I been selfish dishonest, self-seeking, inconsiderate, frightened?"

This is what I can do to make amends:

This is what I can say to the person I hurt:

I realize when I [describe the action or behaviour here] that this hurt you.

This was wrong because

I'm sorry I did this. I want to do to let you know how truly sorry I am, and I hope that you can forgive me in time.

Notice that the above Worksheet focuses on your making amends, not on the other person's forgiving you. You can ask someone to forgive you "in time," but this is no guarantee that the person will do so, especially if you have hurt this person very deeply or many times.

However, making amends can help you feel better, especially when you are truly sorry, make some change in your behaviour to try to be a better person, and make an effort to make amends to the person you hurt.

Your attempts to be a better person brings you closer to acting within your values, and this can help you feel better about yourself.

Making amends is an integral part of the recovery of Alcoholics Anonymous and other recovery groups such as Narcotics Anonymous. You might find some further reading on this topic helpful. Try this webpage (7minute read):

<https://www.hazeldenbettyford.org/articles/making-amends-addiction-recovery#>