Step 9: Preparing an Amends

> *"Accustom thyself to attend carefully to what is said by another, and as much as it is possible, be in the speaker's mind."*
>
> Marcus Aurelius, Meditations 6.53 (tr. Long)

An amends is about your part, not theirs. No "but". Keep it short and listen more than you speak. Their response is not in your control. If making contact could hurt them or anyone else, find another way to put it right.

Person: _____ Talked through with: _____

What I did - the facts, without excuses

What I will say

I did..., it was wrong because..., I am sorry. Nothing that shifts the blame.

What I can offer to put right

What is not in my control

Their response, forgiveness, timing.

Could this harm them or anyone else?

If so, what is another way to make it right?

Afterwards: what happened, and how am I?

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