Making Amends

Twelve step programs will have you make a list of all persons harmed and being willing to make amends to them all. You have to ask yourself, is there value to the other person to make amends to them. Have they moved on in their life. An example could be a past relationship with a significant other, they have moved on, do they really want to hear from you and have you make amends to them. Question the value of doing this. It's not that there is anything wrong with making amends, especially with family and close friends. They will definitely be interested in hearing that you are on a new path in life and that you are pursuing healthy behaviours instead of your unhealthy behaviours.

So the suggestion is, make a list of people who are important in your life right now that know you suffered from an unhealthy behaviour and make amends to them. You will feel a weight lifted from you and the individuals that you are making amends to will be happy to hear you are on a healthy path. Make sure you are well into your recovery before making amends so that you are on solid ground.

Another exercise than can be very helpful is to write a letter to the person you want to make amends to. Read the letter to a very close friend and then together, burn the letter. This can be a very healing process. Writing seems to bring up deep emotions in ourselves and the entire process is very cleansing.

My Amends List