



ADVANCED LEVEL RITUAL: MAKING AMENDS

Now it's time to make amends with anyone who you regret ever hurting along the way. If you've been abused by this person in any way, I'll leave it up to you to decide if making amends would be helpful to you. I don't think we need to forgive everyone. If it's a toxic relationship, acceptance or forgiveness from afar are better antidotes.

Okay, let's take an inventory of those in your life with whom you want to make amends.

People I want to reach out to

**People I want to make amends with
from afar or keep private**

From your inventory, identify the people you want to reach out to and the ones you would rather write about and keep private for yourself. If you've been through a particularly painful or traumatizing experience with someone, it may be better not to contact that person directly at this time. You may conclude that it's better to keep your distance because it would be harmful to either you or the other person. If that's the case, please don't feel pressure to make contact. The following exercise should feel safe and cathartic for *you*, without being destructive to anyone else.

Either way, if there are people you do not want to contact, you might want to take some time to read your letters to them out loud to yourself, maybe with a compassionate listener present. Each time you complete an amends with someone (written or spoken directly), ask yourself:

How did it feel to extend a sincere apology to that person?

Were there moments where it stretched you out of your comfort zone?

What was it like to make peace with those you've had trouble with in the past?

Be prepared if someone you reach out to doesn't accept your desire for amends. In this case, you can complete the amends with that person in their absence.