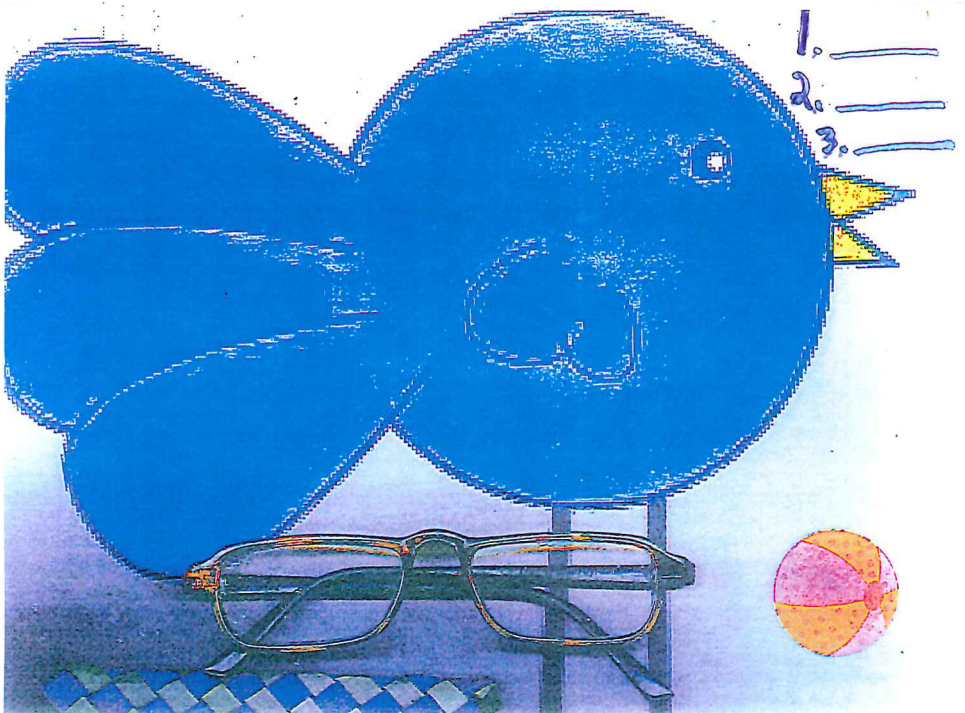


Live Better Series: “I can live a vital and meaningful life.”

“ACT: Making Amends”

Tom Lavin MFT, LCADC, ACATA



Bluebird: I can live a vital, meaningful life. And, I accept I will sometimes have pain, and other times have joy, in my life.

New Pair of Glasses: to change my life, and grow in wisdom, I need to look at things differently.

Beach ball: I need to stop avoiding my life by pushing thoughts and feeling underwater. By being mindful, I will let my thoughts and feelings come up and accept them for what they are.

Finger trap: It is healthy for me to “accept what is as it is”. When I struggle against “what is”, I trap myself and cause suffering for myself. Accepting does not necessarily mean I like it.

1, 2, 3: I can live a vital and meaningful life by choosing and committing to values that are important to me—NIKE Therapy “Just do it!”, make a plan, don’t procrastinate, take action. Letting go and letting be is also a way of taking positive action.

“One of the most profound interactions is the offering and accepting of apologies. Apologies have the power to heal humiliations and grudges, remove the desire for vengeance, and generate forgiveness on the part of the offended parties. For the offender, they can diminish the fear of retaliation and relieve the guilt and shame that can grip the mind with a persistence and tenacity that are hard to ignore.... Most people, if asked, will tell you stories of grudges that have destroyed important relationships, and, in some instances, even torn families and friends apart.”

On Apology, Aaron Lazarre MD

17 Actions That Harm: betrayal of trust, breaking a promise, deceit, abuse, neglect, gossip, slander, breaking a confidence, creating a negative-toxic environment, being mean-cruel, manipulative-exploitive, stealing, humiliating or disrespectful, unfair, falsely accusing, denigrating beliefs, violating privacy.

1. I have harmed _____

2. I harmed him/her by _____

3. I feel guilty for the harm I've done _____ How my guilt is affecting me _____

4. I feel ashamed for the harm I've done _____ How my shame is affecting me _____

5. What led me to do this harm _____

6. How my life would be better if I made amends (physically, mentally, emotionally, spiritually) _____

7. Resources I need to support me in this amends process: ___confidant
___counselor, ___minister___
journaling___prayer___meditation___other _____

8 Steps of Making Amends

- 1. Honestly admit to ourselves that we harmed someone**
- 2. Feel sorrow/remorse**
- 3. Decide to forgive ourselves for the harm we've done**
- 4. Forgive the other person if they have done something to harm us**
- 5. Directly communicate with the person we are sorry for the specific way we hurt them (unless bringing it up will bring more harm; timing is important; don't be attached to a specific outcome or response of the person—like forgiveness or reconciliation)**
- 6. Ask the person what we can do to make up for the harm we've done—and be willing to do, within reason, what they request**
- 7. Confirm with the person that we will do our best to never repeat that harmful action again**
- 8. Ask if they will forgive us for the mistake we made/harm we did**