



## *Al Kohallek Goes On A Forty-Day Serendipity Journey*

Lou-is: LIVING AMENDS - The best amends we can make for those we love and ourselves are living amends, by practicing these principles in all our affairs. Walk our talk. In Step Eight we wrote down some of the ways we were willing to make amends. At the time we may have been too general. Now let's be a little more specific. **On a separate sheet of paper make a list of specific things you are willing to do consistently as living amends.**

### **1. Workbook assignment - Underline those things that were most useful for you and follow suggestions on pages 95 - 96 (An amends format).**

INTO ACTION - After reviewing your Eighth Step Plan, make an appointment list. Make your amends in person, face-to-face, if possible, unless it could cause more harm. For example, if the person we need to make an amends to is an ex-lover, we need to question our motives. In addition, if this person has someone else in his life, your contact could cause more harm. Once again it is always wise to talk over your plan with your sponsor or another person that has some experience with making amends. At each stage of the process it would be wise to ask your Higher Power for the ability you need to be honest, willing and open-minded, loving, forgiving, wise or anything else that comes to mind.

#### **ACTION IS THE MAGIC WORD (An amends format)**

1. Make an appointment, asking for a few minutes of their time to clear something up. Try not to go into details at this time unless the person insists on doing so. This first contact is for the purpose of making an appointment. On a separate sheet of paper set up your appointment information, name – date – time – meeting place – phone number.
2. When you go for the appointment, you may say something like this; “I’m now in a Twelve-Step Program, which suggests that I clear up my past by making amends or I may not get well.”
3. If this is/was a long term relationship, state the amends in general at first. This way the other person can fill in the thing they felt was the harm done.
4. You may choose to say something like this, “I was wrong and I deeply regret all the ways I have harmed you. I hope that I would do it differently now. I’m asking for your forgiveness, but you may be unable to forgive me. I can truly understand. I’m not sure I could if the shoe were on the other foot.”
5. If they want to open up an area or be more specific, by all means do so. You are there to have the problem healed, to take walls down. So many times what you thought was the harm done and what they thought it was, are not even close.
6. On the other hand, you may choose to state the thing you regret straight out
7. If it's money to be repaid, make the best payback plan you can for now, one you can keep. Remember you are only giving back what was originally theirs.
8. If it is a relationship problem, ask what you can do to make it right
9. Remember to take your Higher Power with you. Be willing to forgive both them and yourself.
10. Most of the time if others see that we are sincere about this process, they are happy for us. However, there may be times when it does not go well. You are there to clear up your side of the street not theirs. So, get on with your life. Let your Higher Power do His Job, and you can go about doing your own.

A General rule: Make amends where the harm is done. Example: You have burned someone through gossip; make the amends to the one you gossiped with, and not the one you gossiped about.

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Amends can be made to persons who have passed away. In your quiet time or meditation call this person into your presence. Talk to them the same as you would if they were face-to-face. Or, you may choose to write them a letter; saying all you need to say, then burn the letter. The most important thing is that you both be FREE to get on with life, their new life and your new life.

### **2. Building your amends contact list page 96**

For each of those you are going to be making an amends to take a separate sheet of paper and include all the information you will need to carry out that amends. Most often it is more effective to make your amends face-to-face but in some cases that will not be wise or possible.

#### **Example:**

**Name:** Sam Jones                      **Phone #** 210 555 3946    **I made my appointment on** Tuesday 2/6/07  
**My Amends Appointment is for: Date:** 02/09/07    **at Time:** 2 PM  
**Amends to be done: Face-to-face at:** 16607 Blanco Road Suite 401  
San Antonio, Texas 78232

**Amends will be done: On the telephone at #**

**Amends will be done: By mail – address**

**Amends will be done: By email – email address**

#### **Brief outline of what I want to cover:**

1. I ask my Higher Power to cause me to have all the honesty, willingness and humility to carry out this amends.
2. I'm now in a Twelve-Step Program, which suggests that I clear up my past by making amends or I may not get well.
3. I was wrong and I deeply regret all the ways I have harmed you and the company. I hope that I would do it differently now. I'm asking for your forgiveness, but you may be unable to forgive me. I can truly understand. I'm not sure I could if the shoe were on the other foot.
4. I co-mingled my money with company money; the best I can tell is about \$600. I do not have that much today but I have \$50 and I agree to pay the rest out with interest at \$50 a month until I have repaid all. If I can pay it off quicker I will, but right now I know I can do it at \$50 a month.
5. I know that money will not restore the trust you once had for me and I do regret betraying your confidence. I am here to show my intention to change. Thank you
6. If Sam will not accept my offer I will make the best deal I can without over-committing myself.
7. Whatever Sam chooses to do I am grateful for the willingness to clear my side of the street off.

**Having done your prep work for the taking of Step Nine as best you could at this time including making as many appointments as possible, you are ready for DAY 27 - the day when you go about making your amends – Good luck and may God Bless you.**