

## Amends Worksheet

*Use this worksheet to figure out steps you can take to heal and repair connection to yourself and others after you relapse into your escape behaviors disconnecting relational patterns. These reactions always hurt you, as well as others, so fill one out focusing on yourself each time.*

I relapsed into my escape behaviors and/or disconnecting relational patterns by doing the following (be as specific as possible):

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I imagine my relapse affected you in these ways:

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These are the steps I'm taking to help create safety for you as we work to repair this:

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The steps/actions I am taking so I don't do this again in the future are:

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Ask the person you are making amends to: "Is there anything else that might be helpful for me to consider, focus on, or do to help repair this?" Write their feedback below so you can process through it.

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