

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. Escape cycles always hurts you, as well as others, so fill one out focusing on yourself each time.

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

I imagine my behaviors affected you in these ways:

In order to help heal the pain I caused you, I'm taking the following steps:

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

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.
