



*Today's Suggested  
Topic is...*

**Amends**

MADE DIRECT  
AMENDS TO THOSE  
I'D HARMED, EXCEPT  
WHEN TO DO SO  
WOULD INJURE  
THEM OR OTHERS

STEP ,

*I'm sorry*

*is the most common  
attempt to fix a problem.*

*Without acknowledging  
behavior I'm sorry is just  
avoiding the truth of what  
really happened.*

Amends are  
the ways we  
start the process  
of understanding  
what we have done  
and beginning  
to change course.



## MAKING AMENDS

1. Admit your mistake.
2. Ask for forgiveness.
3. Rectify the wrong.
4. Change the behavior.

In making amends we must never make things worse. We must not traumatisise people.

It's not a persons  
mistakes which  
define them - it's  
the way they make  
amends.

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I MUST MAKE AMENDS FOR  
THE HARM I HAVE CAUSED  
OTHERS WITHOUT EXPECTING  
THEM TO FORGIVE ME. IF  
THEY FORGIVE ME,  
WONDERFUL, BUT I MUST  
"CLEAN MY SIDE OF THE  
STREET" REGARDLESS.

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Humility leads to strength and not weakness. It is the highest form of self-respect to admit mistakes and to make amends for them.

# Making Amends

“Nothing will compare to the reward of being honest, having people accept what you've done and recognizing how far you've come.”



Anyone can make a mistake and run. It takes a special kind of person to make a mistake, admit to it and face the pain and trouble that comes with making amends. Hang on to those people. They might hurt you, but they'll never make you heal alone.



**Karma means that all actions have consequences. Grace means that in a moment of atonement -taking responsibility, making amends, asking for forgiveness – all karma is burned.**

Marianne Williamson

My AMENDS FOR  
PUNCHING YOU  
IN THE FACE.

THAT'S NOT AN AMENDS.  
AMENDS MEANS YOU KNOW  
IT'S WRONG AND  
WON'T DO IT  
AGAIN.

POW!

I   
MAKING  
AMENDS