

### ***Main Card to use with all amends***

"I am now a sober member of AA and have learned that in order to stay sober I need to make amends for the harm I've caused others.

You are on my list and I would like to make amends to you; are you open to hearing them now or would you prefer to have them in writing?"

***... GO TO INDIVIDUAL CARD ...***

Is there anything else that I've done that has caused you harm? ... ***Listen***

You did not deserve to be treated that way.

What can I do to right these wrongs? ... ***Listen***

### ***Individual Card for EACH amend***

***Mum***

I was wrong to withhold my love from you and shut myself in my room instead of talk to you.

I was wrong to impose my self-pity on you.

I was wrong not to remember so many of your birthdays.

I was wrong when I spoke to you harshly, but most importantly

I was wrong when I blamed you for my all the things that are wrong in my life

I am truly sorry. You did not deserve to be treated that way.

***... BACK TO MAIN CARD ...***