



Example Willingness Assessment – Type 1



My Reactive Behavior	Obstacle to Willingness	Type of Amends (Explain if not direct)
Jim (my husband) – Criticized him for not responding quickly to our friends. I’ve judged his way of doing things throughout our marriage.	Pride and fear of being wrong. Difficulty accepting different methods as valid.	Direct + Living Amends — Appreciate his contributions and stop correcting. Express love instead of critique.
Sophie (my child) – Constantly pushed her to get all A’s; didn’t accept less than perfect.	Shame for being too demanding. Fear of failure reflected through her.	Direct + Living Amends — Support her efforts, not just outcomes. Offer grace and encouragement.
Maxy (friend) – Told her that keeping Peter in school was absolutely wrong.	Fear of being wrong or dismissed. Resentment masked as concern.	Direct + Living Amends — Listen openly without offering unsolicited opinions.
My parents – Held them accountable for not being perfect. Stayed emotionally distant due to resentment.	Resentment for unmet emotional needs. Belief that I must be perfect to be loved.	Prayer + Living Amends — Soften judgment. Stay connected with more compassion. Release perfection as a condition for love.
Frank (co-worker) – Yelled at him for email mistakes and demanded a rewrite.	Perfectionism and over-control. Fear of being associated with imperfection.	Direct + Living Amends — Offer support, not shame. Accept mistakes as part of growth—for both of us.
Myself – Overworked to make everything perfect. Judged self harshly for imperfections.	Harsh self-criticism and shame. Fear of resting or letting go.	Prayer + Living Amends — Treat myself with compassion. Ask HP for help and honor limits with rest.
Monica (sister) – Dismissed her opinions due to my belief I was “right.”	Pride and rigidity. Fear of vulnerability in disagreement.	Direct + Living Amends — Acknowledge her perspective, allow her to have her own opinion.
My recovery group – Judged others for not working the program “correctly.”	Intolerance and righteousness. Fear that leniency means failure.	Living Amends — Encourage progress, not perfection. Celebrate effort, not outcome.
My community – Focused more on fixing problems than forming connections.	Shame and over-responsibility. Belief that worth comes from improvement.	Prayer + Living Amends — Shift focus to presence and relationship. Connection over correction.