



Example Willingness Assessment – Type 2



My Reactive Behavior	Obstacle to Willingness	Type of Amends (Explain if not Direct Amends).
Alla (my partner) – I overextended myself to meet their needs and never expressed my own.	Pride, people-pleasing, and fear of being unloved. I need to forgive myself for believing I had to earn love.	Direct + Living Amends—Express my needs calmly and invite mutual care
Jake (my son) – I did too much for him, making him dependent on me.	Over-responsibility and fear of being unnecessary. I need to forgive myself for confusing love with control.	Living Amends—Step back, allow independence, support with trust
Tina (my friend) – I tried to fix all her problems without her asking.	Fear of rejection and pride in being the helper. I need to forgive her for not always needing me.	Direct + Living Amends— Wait to be asked before helping
Dad (deceased) – I gave too much in hopes of earning approval.	Denial of needs and fear of not being enough. I still carry resentment for not being affirmed. I must forgive him and myself.	Indirect Amends—Release expectations of others' approval, practice inner approval. Know that I don't have to "do" in order to be loved.
Jeffrey (coworker) – I tried to manipulate him to acknowledge my extra efforts.	Martyrdom and unspoken expectations. I need to forgive myself for manipulating through giving.	Living Amends—Set healthy boundaries, contribute honestly without expectations.
Carolyn (sponsee) – I gave advice rather than listening to what she needed.	Pride and discomfort with emotional vulnerability. I need to forgive myself for thinking I know what is best for her, and needing to be right.	Direct + Living Amends—Listen with curiosity
Myself – Ignored my physical and emotional needs while serving others.	Self-neglect and false humility. I need to forgive myself for abandoning my own needs.	Living Amends—Prioritize rest, nourishment, and other self care. Remind myself that my needs are just as important as others' and that I actually help more when I take care of myself.
Myself – I brought my neighbor meals and cleaned her yard but secretly resented that she didn't offer thanks. * I do this all the time with family and friends.	Manipulation through giving and fear of being invisible. I need to forgive all of them for not noticing me and myself for giving with strings attached.	Living Amends—Let go of expectations, offer help freely or not at all. Ask for help when needed.
Travon (fellow volunteer) – I acted cheerfully and agreeably, then complained to our supervisor about his lack of effort.	Flattery and suppressed anger. I need to forgive myself for hiding my truth and others for not doing things my way.	Direct + Living Amends—Practice humility and give direct, honest feedback when appropriate.
Higher Power – I acted as if I needed others more than I needed God.	Lack of surrender and inflated sense of importance. I need to forgive myself for relying on others rather than God.	Prayer + Inner Work—Humbly return to reliance on God.