



## Example Willingness Assessment – Type 3



<b>My Reactive Behavior</b>	<b>Obstacle to Willingness</b>	<b>Type of Amends (Explain if not Direct Amends).</b>
<b>Brenda</b> (my partner) – Hid emotional struggles to maintain the image of the perfect couple.	Image management and fear of rejection. I need to forgive myself for believing I had to be flawless to be loved.	Direct + Living Amends — Share honestly and invite real intimacy. Let her know she is loved for who she is, not what we appear to be.
<b>Lucas</b> (my son) – Pushed him to win awards instead of supporting his true passions.	Fear of failure and performance pressure. I need to forgive myself for placing my worth in his success.	Direct + Living Amends — Support his interests with no strings attached. Be curious about his dreams and cheer them on.
<b>Avery</b> (my coworker) – Took credit for a joint project to get promoted.	Fear of invisibility and need for validation. I need to forgive myself for using others to boost my image.	Direct Amends
<b>Mom</b> – Dismissed her emotional check-ins as interruptions.	Shame about emotional needs. I need to forgive myself for valuing achievement over connection.	Living Amends — Be present and listen without multitasking. Affirm her role in my life.
<b>Ben</b> (my friend) – Bragged about my success in a way that made him feel small.	Competition and insecurity. I need to forgive myself for tying my worth to being better than others.	Direct Amends + Living Amends — Celebrate his gifts with sincerity. Practice mutual empowerment.
<b>My Recovery Group</b> – Shared only polished stories to appear like I had it all together.	Perfectionism and fear of being seen as weak. I need to forgive myself for hiding in plain sight.	Living Amends — Show up with vulnerability and truth. Trust that connection grows through honesty.
<b>Monica</b> (my sister) – Avoided her during hard times because I didn't know how to help without fixing.	Discomfort with emotional messiness. I need to forgive myself for thinking my love had to look like solutions.	Living Amends — Reach out and stay present, not perform. Let her feel seen, not solved.
<b>Myself</b> – Ignored my own emotional and physical limits to keep performing.	Internalized pressure and fear of being "ordinary." I need to forgive myself for disconnecting from my needs.	Living Amends — Rest, reflect, and practice gentleness. Let stillness be part of my worth.
<b>Higher Power</b> – Only reached out when I needed a win or success.	Spiritual disconnection and control. I need to forgive myself for treating God like a performance coach.	Prayer + Inner Work — Build daily relationship rooted in trust, not outcome.