



Example Willingness Assessment – Type 4



My Reactive Behavior	Obstacle to Willingness	Type of Amends (Explain if not direct)
<p>My Partner (romantic relationship) Focused on my own feelings instead of listening to theirs.</p>	<p>Emotional intensity made it feel like my pain mattered more. Letting go feels like losing depth in love. <i>Lack of Forgiveness:</i> For times they didn't meet my emotional needs.</p>	<p>Living Amends – Practice presence and balanced listening during emotional conversations.</p>
<p>Jenna (friend) Withdrew when I felt envious of her success.</p>	<p>Fear of being ordinary. Thought distance protected my self-worth. <i>Lack of Forgiveness:</i> For not feeling special in her presence.</p>	<p>Direct Amends + Living Amends – Practice feeling joy at others' successes.</p>
<p>Mom Criticized her for not understanding me growing up.</p>	<p>Idealism and longing for a different parent created resentment. <i>Lack of Forgiveness:</i> For her emotional limitations.</p>	<p>Direct Amends + Limitations – Practice understanding my past differently and sharing how she has helped me.</p>
<p>Angela (coworker) Dismissed her accomplishments out of envy.</p>	<p>Envy made me feel small, so i acted out with sarcasm. <i>Lack of Forgiveness:</i> For her natural confidence and ease.</p>	<p>Direct + Living Amends – Speak encouragement and appreciation to coworkers regularly.</p>
<p>Myself Focus on what I lack instead of my strengths.</p>	<p>Over-identify with feelings, causing shame and paralysis. <i>Lack of Forgiveness:</i> For not being who I thought I should be.</p>	<p>Living Amends – Practice self-compassion and affirm what is good in me each day.</p>
<p>Olivia (sister) Criticized her choices to feel superior.</p>	<p>Idealism fed judgment and created a false sense of worth. <i>Lack of Forgiveness:</i> For not living according to my vision.</p>	<p>Direct + Living Amends – Show appreciation for her uniqueness and respect her autonomy.</p>
<p>Recovery Group Stayed silent instead of sharing my insights.</p>	<p>Fear of vulnerability and being misunderstood kept me quiet. <i>Lack of Forgiveness:</i> For not feeling heard in the past.</p>	<p>Living Amends – Speak up in meetings and offer my honest experiences as service.</p>
<p>Mark (mentor) Dismissed his advice because I wanted to feel independent.</p>	<p>Withdrawal and pride kept me from receiving support. <i>Lack of Forgiveness:</i> For when his advice didn't affirm me.</p>	<p>Direct Amends + Living – Remain open to others' advice.</p>
<p>My Community Focused on what I felt was missing instead of contributing meaningfully.</p>	<p>Longing for what's missing created disengagement and criticism. <i>Lack of Forgiveness:</i> For not offering me what I thought I needed.</p>	<p>Living Amends – Volunteer and practice gratitude for what exists now.</p>
<p>Daniel (friend) Withdrew from him when he didn't understand my grief.</p>	<p>Emotional intensity made me feel he didn't care. I protected my feelings by disappearing. <i>Lack of Forgiveness:</i> For not being able to hold my pain.</p>	<p>Direct Amends</p>

