



Example Willingness Assessment – Type 5



Person Harmed	Obstacle to Willingness	Type of Amends
Emma (My sister) – Avoided her calls and shut down emotionally during her divorce	Fear of being overwhelmed emotionally; tendency to withdraw instead of engaging. Forgive myself for being emotionally overwhelmed.	Direct + Living Amends — Initiate open conversations and stay emotionally present
Liam (friend) – Withheld ideas during our collaboration and kept my distance	Hoarding knowledge and withholding out of fear of being misunderstood. Forgive myself for wanting to keep information for myself.	Living Amends — Share insights and offer connection freely
Dad – Rarely initiated contact or expressed affection toward him	Emotional detachment and fear of inadequacy in his presence, Forgive myself for not wanting emotional intimacy. Forgive him for not being around when I was young.	Prayer + Living Amends — Make plans to have dinner with him biweekly, and act with warmth toward him now.
Ava (partner) – Shut down during emotional conversations and stayed silent during conflict	Overthinking and fear of failure in emotional intimacy. Forgive myself for my lack of communication skills.	Direct + Living Amends — Share feelings honestly and listen more deeply. Stay present and speak up.
Dr. Rose (therapist) – Dismissed her questions and kept sessions overly intellectual	Fear of being judged; discomfort with emotional exposure. Forgive myself for my fear of emotional vulnerability. Forgive her for prying into my parents' shortcomings.	Direct Amends — Talk openly about my emotional blocks in sessions. Let the therapist know when i am overwhelmed.
Myself – Ignored my health and needs by staying in my head and avoiding support	Perfectionism, fear of inadequacy, and avoidance of emotional needs. Forgive myself for getting lost in my head.	Living Amends — Honor my physical needs and practice emotional expression daily
Ethan (coworker) – Gave short, dismissive answers and avoided team discussions	Fear of incompetence; emotional detachment led to coldness. Forgive myself for my lack of confidence, how others might see me. Forgive him for needing my input so often.	Living Amends — Be more collaborative and affirming in interactions
My Spiritual Community – Declined invitations and avoided contributing to group dialogue	Withholding ideas out of fear of being rejected. Forgive them with wanting more interaction. Forgive myself for isolating.	Living Amends — Contribute knowledge and presence in small group settings
Noah (brother) – Kept him at arm's length and didn't acknowledge his past help	Fear of dependency and vulnerability. Forgive him for wanting a closer relationship with me and trying to manipulate me by doing things for me that I never requested. Forgive myself for avoiding his calls.	Direct Amends — Acknowledge his past support and express appreciation and make bimonthly plans to see him.