



# Example Willingness Assessment – Type 6



My Reactive Behavior	Obstacle to Willingness	Type of Amends (Explain if not Direct Amends).
<b>Jordan</b> (My Partner) – I questioned their loyalty and constantly sought reassurance.	Fear of Rejection: Belief that love must be earned or tested. Fear that if I don't ask for reassurance, I'll be abandoned or betrayed.	Direct Amends + Living Amends – I can focus on my love for my partner and not my partner's love for me.
<b>Claire</b> (My Friend) – I withdrew emotionally instead of sharing how unsupported I felt.	Avoidance: Fear of conflict or appearing needy led to emotional withdrawal. Belief that speaking up will make things worse.	Direct Amends + Living Amends – Share the truth behind my silence and ask for what I need.
<b>My Boss</b> – I didn't ask for clarity, assuming they would think I was incompetent.	Self-Doubt: Assuming I can't ask for support without being judged. Fear of being seen as incapable.	Living Amends – Commit to trusting my own judgment/abilities and asking for clarity when needed.
<b>Marcus</b> (My Coworker) – I micromanaged him out of fear the project would fail.	Over-Control: Fear that letting go will lead to chaos. Difficulty trusting others to do their part.	Living Amends – Practice letting others contribute and be responsible for themselves without taking over.
<b>Rachel</b> (My Sister) – I didn't back her up during a family argument because I didn't want to take sides.	Ambivalence: Fear of conflict and a desire to avoid being "wrong" kept me from standing up for what I knew was right.	Direct Amends + Living Amends – standing up for what I believe in and living my values.
<b>My Sponsor</b> – I placed too much responsibility on them to fix my anxiety.	Over-Reliance on Authority: Belief that others know better than me. Fear of trusting my own process.	Living Amends – Take more personal responsibility for my recovery and recognize the limits of the relationship.
<b>My Therapist</b> – I avoided vulnerability because I didn't fully trust them.	Mistrust: Defense against being hurt or misunderstood. Fear of being truly seen.	Living Amends – Commit to honest, open sharing in future sessions. Choose to trust wisely, knowing that not everyone will betray me.
<b>Myself</b> – I let fear paralyze me, missing opportunities and betraying my own growth.	Self-Doubt and Catastrophizing: Belief that worst-case scenarios are inevitable. Fear of failure blocks action.	Prayer, Inner Work – Recommit to showing up for myself with courage and trust. Practice affirmations that align with faith, not fear.
<b>My Team</b> – I overanalyzed decisions, slowing down progress.	Indecision – Overthinking: Belief that more analysis equals better outcomes. Fear of being wrong keeps me stuck.	Living Amends – Trust my decisions and take action without overanalyzing every possibility.
<b>Frank</b> (My Father) – I resisted his guidance out of a fear of being controlled.	Contrarian Thinking: Mistrust of authority as a defense against feeling powerless. Fear of being dominated.	Direct Amends + Living Amends – Trust wisely. Remember that offers of help is not the same thing as attempts to control.
<b>God</b> – I doubted and withheld trust, especially when I didn't understand what was happening in my life.	Lack of Surrender: Fear that trusting God will result in harm. Belief that I must stay hyper-vigilant to survive.	Spiritual Amends – Deepen surrender through prayer, honesty, and conscious trust. Speak this in prayer and practice spiritual disciplines that increase faith.