



Example Willingness Assessment – Type 7



My Reactive Behavior	Obstacle to Willingness	Type of Amends (Explain if not direct)
Maya (My Sister) – I canceled plans multiple times and distracted myself instead of being present when she needed support.	Avoidance and fear of emotional discomfort. I need to forgive myself for choosing fun over showing up for her pain.	Direct + Living Amends — Commit to follow through when she needs me, even when it's hard.
Jason (My Partner) – I shut down or minimize his pain whenever he is upset; joking or changing the subject.	Fear of being overwhelmed by emotions. I need to forgive myself for not being emotionally available.	Direct + Living Amends — Stay present and listen without changing the topic. Reflect his feelings with compassion.
Kai (Friend) – I bailed on a shared project when I got bored and found something more exciting.	Impulsiveness and fear of commitment. I need to forgive myself for leaving people hanging.	Direct + Living Amends — Finish what I start, especially when others are involved.
Mom – I avoided serious conversations and changed the subject when she tried to connect.	Minimizing pain and fear of emotional intensity. I need to forgive myself for being unavailable for her vulnerability.	Living Amends — Be willing to engage in deeper conversation and ask how she's truly feeling.
My Recovery Group – I talked in circles or made light of things during shares, avoiding vulnerability.	Superficial optimism and fear of being exposed. I need to forgive myself for protecting my image over authenticity.	Living Amends — Share openly about what's real, even when it's messy or painful.
Alex (Coworker) – I distracted others with jokes and stories during team meetings, undermining focus.	Seeking distraction from discomfort and boredom. I need to forgive myself for prioritizing stimulation over collaboration.	Direct + Living Amends — Respect others' time and pay attention during work.
Olivia (Neighbor) – I overpromised help with her yard and then avoided her after not following through.	Fear of feeling trapped or obligated. I need to forgive myself for disappearing when I felt overwhelmed.	Direct+ Living Amends — Offer tangible help now, following through fully.
Myself – I numbed out with screen time and stayed constantly busy instead of tending to my inner life.	Fear of facing emptiness. I need to forgive myself for abandoning my inner self in search of stimulation.	Prayer and Inner work + Living Amends — Practice stillness, journaling, and mindful time alone to reconnect with my inner truth.
Higher Power – I used spirituality for inspiration and relief but avoided sitting in silence or listening deeply.	Escapism and discomfort with stillness. I need to forgive myself for turning faith into another form of distraction.	Prayer + Inner Work — Create quiet space daily to be with God in discomfort, not just joy.