



Example Willingness Assessment – Type 8



My Reactive Behavior	Obstacle to Willingness	Type of Amends (Explain if not Direct Amends)
Bob (My husband) - I often reacted in anger by getting in his face and yelling at him.	Pride and fear of appearing weak. I need to forgive him for triggering my shame and forgive myself for acting out of fear	Direct + Living Amends—I can express my emotions calmly and assertively, without relying on anger as a source of strength.
Phil (Coworker) took over the project and had Phil do menial work.	Resentment over perceived incompetence. Forgive him for not doing it the same way and working as hard as I do.	Direct + Living Amends—Allow others to do their job, and collaborate to create stronger working relationships.
Mom and Dad - took care of everything myself so I didn't have to depend on anyone - even when I needed help and they wanted to help.	Old anger, fear of vulnerability. I still need to forgive them for not protecting me when I was young.	Indirect Amends—Practice asking for help when needed. Pray to release the blame narrative.
Justine (Friend) - I ended the relationship without consideration.	Mistrust and fear of betrayal. I need to forgive her for trying to control me and myself for cutting off connection.	Direct + Living Amends—Set boundaries instead of cutting people off.
Frank (My Brother) - I dismissed his ideas about the eulogy, taking entire charge of it.	Pride and fear of losing power. Let go of needing to win or be right	Direct + Living Amends—Practice being open to others' perspectives.
My Recovery Group - I brought up an outside issue and insisted the group deal with it.	Shame about dominating space. Fear that being vulnerable means losing respect.	Direct + Living Amends—Following the rules of the group, not insisting I get my way. Using appropriate ways to address outside issues.
My HOA - Challenged Board Members at inappropriate times and convinced others to protest their decisions.	Defensiveness and resentment toward authority	Direct + Living Amends—Practice respect for authority and follow procedures for dissent.
Myself - Not asking/accepting help from others.	Shame and emotional exhaustion. Fear of vulnerability. I need to forgive myself for believing I must carry everything alone.	Living Amends—Practice rest, self-care, and ask for support when needed.
Higher Power - Not trusting my higher power. Trying to deal with everything on my own.	Resentment over past pain and injustice. Forgive my idea that I must rely only on myself	Prayer + Inner Work—Open to divine support