



## Example Willingness Assessment – Type 9



My Reactive Behavior	Obstacle to Willingness	Type of Amends (Explain if not Direct Amends)
<b>Emily</b> (My Partner) – Withdrew emotionally and pretended everything was fine instead of expressing my needs or concerns.	Fear of conflict and a belief that my needs don't matter. I need to forgive myself for going silent and forgive her for not noticing.	Direct + Living Amends — Express needs honestly and in a timely way, even when uncomfortable.
<b>Jack</b> (My Brother) – Said yes to things I didn't want to do, then built up resentment and gave him the silent treatment.	People-pleasing and avoidance. I need to forgive myself for not setting boundaries.	Direct + Living Amends — Say “no” calmly and clearly. Take ownership of avoiding honest conversations.
<b>Mom and Dad</b> – Didn't engage in difficult conversations. Avoided sharing my views especially when I disagreed.	Fear of disconnection or disapproval. I need to forgive them for telling me to be quiet and forgive myself for giving up my voice.	Living Amends + Share my honest perspective with care, even when risking disagreement.
<b>Trina</b> (Friend) – Let her dominate our plans and choices, then withdrew or avoided her instead of speaking up.	Fear of confrontation. Self-erasure. I need to forgive myself for not showing up authentically, and her for not noticing my discomfort.	Direct + Living Amends — Be honest about my preferences and speak up and have a voice.
<b>My Recovery Group</b> – Stayed quiet during meetings even when I had something meaningful to share.	Fear of taking up space and feeling like I don't matter. I need to forgive myself for withholding connection and the group for not inviting me in.	Living Amends — Speak from the heart when moved, trusting that my voice belongs.
<b>Grace</b> (Coworker) – Ignored her repeated requests for input, then resented her for making all the decisions.	Procrastination and conflict avoidance. I need to forgive myself for checking out and her for stepping in.	Direct Amends + Living Amends— Show up consistently moving forward.
<b>Myself</b> – Neglected my physical health and emotional needs by constantly deferring to others and avoiding self-care.	Complacency and denial. I need to forgive myself for not prioritizing my well-being.	Living Amends — Make consistent choices that honor my body, mind, and heart.
<b>Higher Power</b> – Disengaged from spiritual connection, only praying when I was desperate or overwhelmed.	Spiritual passivity. I need to forgive myself for treating God like a last resort.	Prayer + Inner Work — Develop a regular relationship rooted in trust and presence.