

Why is only changing your behaviour not sufficient to repair the damage you've caused?

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What consequences do you fear in making amends? What is the worst thing that can happen? What is the best thing that can happen? What is likely to happen?

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Are there any people to whom you owe amends that may be a threat to your safety?

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Are there any people about whom you are truly concerned about making amends to?

Name them.

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What are your concerns?

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How does being willing include being prepared?

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What is your attitude toward amends?

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You may be forced to tell someone you are sorry, but the apology may not be genuine at all. Will this work?

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What are your motivations in making amends.

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What do you have to do to become willing?

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Why is saying "I'm sorry" alone not sufficient to repair the damage you have caused?

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Are you beginning to feel compassion and empathy for others? Describe this.

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