

MAKING AMENDS



Helping YOU
Choose a happier,
More fulfilling life

An exercise recommended by Stephan Pollan and Mark Levine in *It's All in Your Head: Thinking Your Way to Happiness* is to:

- ◆ Write down all the incidents you can think of in which you have wronged someone in some way. They can be large or small, recent or from your childhood.
- ◆ When you have listed all that come to mind, go back to the first item and come up with a way to apologize for your action or inaction, or a way to make amends for the injury. It might be a verbal apology or a mental apology during a meditation or prayer.
- ◆ If an apology might do more harm than good, and you can't think of a way to make amends, engage in an act of compensation.
- ◆ Make it a practice in the future to apologize immediately for your actions whenever you think you may have done harm. Don't let the regrets build up.

| Incident | Apology or Way to Make Amends |
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REMEMBER THAT WE ARE ALL HUMAN AND MAKE MISTAKES, AND THAT MOST PEOPLE ARE QUICK TO FORGIVE THOSE WHO GENUINELY APOLOGIZE.