

**HOW TO MAKE AMENDS:
A KEY TO EMOTIONAL FREEDOM
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“Love means never having to say you’re sorry,” was a catchphrase from Erich Segal’s novel that was popularized by its 1970 film adaptation, *Love Story*. However, Segal was wrong. Real love involve taking responsibility, making apologies, offering restitution, exchanging forgiveness, and experiencing reconciliation. Contemporary psychological research as well as ancient theological writings have shown that relationships are enriched by the processes of forgiveness and reconciliation (Worthington, 2001, 2006).

Maintaining self-awareness and admitting when we are wrong are so fundamental to healthy relationships that these principles are even incorporated into the twelve steps of Alcoholics Anonymous (AA). The 10th Step of AA reads, “Continued to take personal inventory and when we were wrong promptly admitted it.” This step has been described as “relationship glue” by those who are living lives that are happy, joyous, and free. In contrast, one of the best ways to a ruin relationship is to never admit when we are wrong.

To create more harmony in your relationships, admit when you are wrong. Rather than focusing on others who have wronged you, focus on others you have wronged. Rather than making a list of the things that others have done to wrong you, make a list of the things that you have done to wrong others. This list can include what you have said or done that has hurt someone (acts of *commission*), as well as what you have not said or done that otherwise could have helped someone (acts of *omission*).

Apologies can be cheap, especially when they are flippantly offered merely as a way of excusing unacceptable behavior. In contrast, sincere apologies carry the weight of *repentance*, which requires looking at one’s

actions, feeling regret for one’s wrongs, and making a commitment to change. Ideally, repentance paves the way for *restitution*, which involves compensating the other person for one’s wrongs. Repentance and restitution are prerequisites for *reconciliation*, which involves the restoration of the relationship.

A sincere apology is a necessary but not sufficient condition for making amends. Making amends usually involves offering an *apology* (“I am sorry”), stating an *acknowledgement* (“I was wrong”), making an *amendment* (“I have done this to set things right”), and keeping a *commitment* (“I will not do it again”). Making amends does not necessarily involve a request for forgiveness (“Will you forgive me?”). Forgiveness is not necessary for making restitution, but forgiveness is necessary for achieving reconciliation. In any event, admitting when we are wrong and making amends for our wrongs can go a long way toward improving our relationships with others.

If focusing on making amends to those in the past seems like an insurmountable task, then simply start with making “living amends” to those who are part of your life each day. It is never too late to start a new day.

References

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