

Amends Letter Exercise

(As described in Byron Katie's book, "I Need Your Love: Is It True?")

Step 1: Dear <name>,

Step 2: Write 3 (short, simple) sentences expressing things you're grateful for about them. This could be about something they've said or done that you have appreciated.

Ex: "Thank you for _____"
"I'm grateful for your _____", etc.

Step 3: Write 3 (short, simple) sentences apologizing for something you've said, done, thought about them, etc.

Ex: "I'm sorry that I pressured you to change."
"I'm sorry that I stopped communicating with you."

Step 4: Include this sentence (or something close to it):

"I'd like to make it up to you, please let me know how."

Step 5: Love, <your name>

Step 6: Schedule a 15-minute call with Bryan for the next step!

bryan@friendly-universe.com