

ALL ABOUT "AMENDS"

AMENDS : compensation for loss or injury; reparation

(*NOTE*: not the same as "*Amend*", which is "to free from fault; to improve, change or correct (" *The New Universities WEBSTER Dictionary*" / 1938)

What are "amends" according to the Big Book?

1. 76:3: "*...repair the damage done in the past*"
2. 76:3: "*...to sweep away the debris...*"
3. 77:0: "*...to set right the wrong.*"
4. 77:2 "*...to straighten out the past.*"
5. 77:2 "*...to sweep off our side of the street...*"
6. 81:1 "*...(to) admit our fault.*"
7. 82:2 "*...making good.*"
8. 83:1 "*...reconstruction.*"

What are the categories of "amends" according to the Big Book?

1. 76:4 *Business acquaintances and friends*
2. 77:1 *The man we hate* &
78:1 *Former enemies*
3. 78:2 *To whom we owe money (Creditors)*
4. 78:3 *Criminal Offenses*
5. 80:5 *Domestic troubles (Infidelity)*
6. 82:2 *Wife or parents*
7. 83:1 *The family*
8. 83:3 *Wrongs we can never fully right*

What are the BB's 12 "Guiding Principles" of making amends?

1. 77:1 "*We go to him in a helpful and forgiving spirit...*"
2. 77:2 & 83:1 "*...we never criticize...or argue*" ("*...being very careful not to criticize them*")
3. 78:0 "*His faults are not discussed...our manner is calm, frank and open...*"

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4. 78:2 "We must lose our fear...."
5. 79:1 "We ask that we be given strength and direction to do the right thing no matter what the personal consequences may be."
6. 79:1 & 80:1 "...we must not shrink."
7. 80:4 "...place the outcome in God's hands..."
8. 81:1 "...we have no right to involve another person."
9. 82:1 "Good generalship may decide that the problem be attacked on the flank rather than risk a face-to-face combat."
10. 83:1 "A remorseful mumbling that we are sorry won't fill the bill at all."
11. 83:3 "There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could."
12. 83:3 "...we don't crawl before anyone."

Our MOTIVE (why we're here):

"...a SINCERE DESIRE TO SET RIGHT THE WRONG" (pg 77:0)

Examples of WRONG Motives:

- To Be Accepted
- To Be Liked
- To Be Rewarded
- To Be Complimented
- To Set Right THEIR Wrongs, etc.

What ACTION(s) do we take?:

"...a DEMONSTRATION of good will" (pg 77:0)