

THE RIGHT AND WRONG WAY TO MAKE AMENDS
A Step-by-Step Program

TELESEMINAR
STUDY GUIDE

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What are some of the main reasons why letters of amends can be so important?

What are the 5 most common beliefs that interfere with making amends?

What are the most common mistakes in writing letters of amends?

How do I know when to stop trying to make amends?

What should be in a letter of amends?

What were the problems in the sample letter provided?

Why was the following letter far more effective?

What are some guidelines for letter writing for parents whose children have made it clear that they don't want contact?

