

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

TELESEMINAR  
STUDY GUIDE

Dr. Joshua Coleman

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

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

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

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

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What should be in a letter of amends?

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What were the problems in the sample letter provided?

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Why was the following letter far more effective?

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

[illegible]

[illegible]