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| Person, I Need To Make Amends With | What It IS About |
| Girlfriend | Cheated and Lied to her repeatedly, and being disrespectful towards our relationship, by texting other women and paying them for explicit content, and acting like I wanted to meet up with them  Talk to her and apologize |
| Family | Didn’t spend time with them  Spend time with them |
| Myself | Causing pain on myself by falling into this addiction of lust over fantasies |
| Old Friend | Was Being Disrespectful to her, and was being selfish, and petty  Talk to her and apologize for my actions |
| Brother | Not spending time, with him  Spend time with him even if it’s something little like playing video games, and check on him often |
| Law/Authority/Government | Breaking laws and disobeying them  Not break them and follow the rules and laws |
| School | Not Studying or putting in the work like I should and put that into acting out  Put more effort in and the time I used for acting out put into take or something else productive |
| Jesus/Lord | Not letting him help me in my life and times of need  Let him take control and guide me |
| Gf’s Mom | Let her down by cheating and causing her daughter so much pain and tears  Talk to her and apologize |
| Person, I Ran Into | Was under the influence and ran into them  Stop driving under the influence of anything |
| Ted (Old Sponsor) | Lied to him about acting out  Tell him sorry I wasn’t straight forward |
| Grocery Stores |  |
| Girls In Middle School | Letter |
| Father | Letter |
| Death | Write a letter talk to it like a person  Sorry for trying to take control |
| Lawyer |  |

Tell them I am working on myself

Just try to better me

Is there anything else I need to do to make things, right?