|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Template of the Amends Worksheet** | **Check when done** |  |  |  |  |  |  |  |  |  |  |  |
| **No direct contact** |  |  |  |  |  |  |  |  |  |  |  |
| **Immediate amends (I) or deferred amends (D – put approximate time and date)** |  |  |  |  |  |  |  |  |  |  |  |
| **Prayer and meditation** |  |  |  |  |  |  |  |  |  |  |  |
| **Name of the party harmed** |  |  |  |  |  |  |  |  |  |  |  |
|  | 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. |