

# The Amends Visit

## 1) Making Amends

- Host** I am inviting you to cross the bridge. I would like to make amends for a wrong that I did to you.
- Host** What I would like to make amends for is...
- Host** And specifically what I did that was hurtful to you is...
- Host** And as I say this, I realize what might also have been hurtful to you is...
- Host** And now it makes me see what might also have been hurtful to you is...
- Host** And now that I hear what I just said, I realize that what might also have been hurtful to you is...
- Host** (Express every layer of what you realise that you did, that might have been hurtful to your partner.)
- Host** You did not deserve this. You never deserved this. And how I imagine you may have felt when I did this was...
- Host** I understand today that the way you might also have felt when I did this was...
- Host** And as I hear what I just said, I realize that the way you might also have felt when I did this was...
- Host** (Express all the feelings you now realise that your partner might have felt when you did this.)
- Host** I wish I could have done it differently. And how I would have liked to have done this differently is...
- Host** And as I say this, what I also wish I would have done then is...
- Host** (Express every single scenario that describes how you wish you would have done it differently.)
- Host** I am sorry that I did that, and that I hurt you.
- Host** (Allow yourself to feel the depth of your regret, and repeat the statement only when you feel a new depth of regret.)

## 2) Childhood

- Visitor** And what does this remind you of in your childhood?
- Host** (Tell your childhood story until there is no more.)
- Host** And the decision I made as a child was...

**Visitor** (Summarize the childhood experience as a story you tell the host...)

'Once upon a time', there was little...

(Visitor says that they have a Time Machine and they offer to go and visit the Host as a child and visit any of the Host's caretakers and have a chat to them. The Visitor takes the Time Machine back to that child if the Host would like it and chats to them about what they need.)

**Visitor** And now I take my time machine back, and I'm sitting across from you, and I can now fully understand the amends you have made today because...

**Visitor** Thank you for telling me all this. It was very important to me because...

### 3) Gifts

**Host** (Think of a behaviour that is a real stretch for you and your partner. Make it positive, measurable, and specific.)

**Host** A global gift I would like to give you now is...

From now on, I would like to always, always, always...

and never, never, never again...

but always, always, always...

And so, specifically what I am going to give you as a gift is...

**Visitor** Thank you! Your being conscious while giving this gift to me, and my accepting of the gift you are giving me, will reduce my fear of... and make me feel...

**Host** You're welcome. It's gift to you and also a gift to me. Giving this to you consciously will help me reclaim... and help me feel...