

# 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** I have a time machine and I can go back and visit a younger you if that would be OK for you.

**Host** (If yes) Yes I would like that

**Visitor** (Gets in the time machine and makes a sound.)  
Where should I visit younger you?

**Host** (Tells the visitor where they would be.)

**Visitor** (Visitor visits the younger host and says hello to the younger person and introduces themselves from the future. The visitor tells them that they are aware that they might be having a hard time and asks if they might like the visitor to speak to some people. The visitor then asks where these people are and gets in the machine and visits them. With each person, the visitor champions and stands up for the host then goes back to the host and checks in that enough was said.)

**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...