

In your own words explain the meaning of;

A list.

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Harmed

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Willing

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Amend

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What important relationships did you destroy or damage because of your addictive behaviours?

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What do you have to do to become willing?

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How do you make amends to a company, institution, or similar?

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How do you know when you have truly become willing?

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What is your own attitude toward amends?

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What consequences do you fear in making amends?

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