

# FS Amends C.A.R.D.



"If it is possible, as far as it depends on you, live at peace with everyone." ROMANS 12:18

I've asked to talk with (or have written to) you because I've been attending a program called Freedom Session where I've been encouraged to take responsibility for my own life and the hurt I've caused others. You are one of the people God has shown me I need to make amends to.

**Confession:** I want you to know that when I...  
(describe what you did and possibly when it happened)  
I deeply hurt you and that was wrong. I was wrong and had no right to do that to you.

**Apology:** I realize what I am saying now cannot undo what I've done or remove the hurt I've caused. Nonetheless, I want you to know and hear me say that I am deeply sorry for hurting you personally, and how this may have affected your life and those you love.

Optional inclusions if appropriate {if in doubt seek counsel}  
Using either of these would suggest you are in some sort of meaningful and trusting relationship with them.

- *Someday*, if you would think it a good idea, I would be very open to talk about all the dynamics and possible reasons for what happened, but right now what is most important to me is to tell you I am deeply sorry.
- *To be honest*, I would like to ask you to forgive me. But it seems to me that would be unfair to ask of you right now. I suspect you may need time to process all the hurt I've caused you. Right now, what's most important is that you hear I am deeply sorry.

**Responsibility:** I have no excuse for why I hurt you as I did. You didn't deserve that. What I do know is that my  
(pride / justification / bitterness, etc.)  
was influencing me rather than love or concern for you.  
Again, I am sorry.

**Desire to make things right:** And lastly, I want you to know that, to the best of my ability and with God's help, I intend to \_\_\_\_\_.

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