

The Twelve Promises

1. I have a new sense of freedom because I am letting go of the past.
2. I am hopeful about my future relationships.
3. I can be attracted to someone without falling in love overnight, and I can fall in love without obsessing.
4. If love does overwhelm me I do not act out in addictive ways.
5. I can tell the difference between fantasies and reality.
6. I do not have to control the ones I love nor let them control me.
7. I experience relationships one at a time and I do not get involved with “unavailable” people.
8. If my basic needs are not being met, I can end my relationship.
9. I can leave anyone who is abusing me either verbally or physically.
10. I do not do for others what they should be doing for themselves.
11. I love myself as much as I love others.
12. I look to my Higher Power for strength, guidance, and the willingness to change.

