

The SSA/MAA Promises

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We find freedom from misery addiction and discover our true selves.

Self sabotage, avoidance, and fear leave us.

We no longer use guilt, shame and regret, to hurt ourselves or others.

Authenticity, intimacy and trust grow. As do security, stability, success and happiness.

As we release the desire for perfection and control, we find ourselves relaxing and enjoying life.

Compassion increases as we love and accept ourselves just as we are this moment.

Our vision clears and we discover the dreams that lie deep within us and the courage to attain them.

As we live The Twelve Steps, we learn to trust our Higher Power and let God do for us what we couldn't do for ourselves.

Do we see these Promises coming true? YES WE DO!