

GOD
SAYING THIS WORD I AM ADMITTING THE EXISTENCE OF A CONSCIOUSNESS OR OF A HIGHER POWER THAT IS GREATER THAN I.

GRANT
SAYING THIS SECOND WORD, I AM ADMITTING THAT THIS CONSCIOUSNESS OR HIGHER POWER IS ABLE TO BESTOW AND GIVE TO ME AND TO OTHERS.

ME THE
I AM ASKING SOMETHING FOR MYSELF. HOLY BOOKS SAY THAT IF I ASK SINCERELY, IT SHALL BE GIVEN. IT IS NOT WRONG TO ASK FOR IMPROVING MYSELF. FOR WITH THE IMPROVEMENT OF MY CHARACTER, BOTH I AND PEOPLE AROUND ME WILL BE HAPPIER AND MY RELATIONSHIPS WILL HAVE A BETTER CHANCE TO IMPROVE.

SERENITY
I AM ASKING FOR CALMNESS, COMPOSURE AND INNER PEACE IN MY LIFE, WHICH WILL ENABLE ME TO TRANSCEND MY EGO, TO THINK STRAIGHT AND TO GOVERN MYSELF PROPERLY.

TO ACCEPT
I AM RESIGNING MYSELF TO CONDITIONS AS THEY ARE RIGHT NOW. I AM LIVING IN THE NOW, THE PRESENT MOMENT.

THE THINGS
I ACKNOWLEDGE MY TRAGEDY, DEATH, SUFFERING, ILLNESS AND PAIN, AS A PART OF MY LIFE, NEITHER GOOD NOR BAD. I ACCEPT MY HUMANNES AND FALLIBILITY. I AM ACCEPTING MY LOT IN LIFE AS IT IS. UNTIL I HAVE THE COURAGE TO CHANGE ANY PART OF MY LIFE I DON'T LIKE, I MUST ACCEPT IT, WITHOUT DOING SO GRUDGINGLY.

I CANNOT
I CAN'T PREVENT THESE EVENTS OR CONDITIONS FROM HAPPENING TO...

CHANGE...
ME OR TO OTHERS.

COURAGE
A QUALITY WHICH ENABLES ME TO DEAL WITH THE PROBLEMS AND REALITIES OF LIFE WITHOUT RELIANCE ON ALCOHOL OR DRUGS. A DETERMINATION TO STAND MY GROUND AND "SLUG IT OUT" WITH ALL ISSUES, PLEASANT OR OTHERWISE, THAT MIGHT RETURN ME TO DRINKING OR USING. STRENGTH OF MY SPIRIT TO FACE AND HANDLE THE NEGATIVE. FEARLESSNESS IN THE PRACTICE OF FAITH, HUMILITY AND HONESTY.

TO CHANGE
IN FACING THESE NEGATIVES DIRECTLY AND HONESTLY, I AM ASKING FOR MYSELF AND MY LIFE CONDITIONS TO BE DIFFERENT FOR ME. I AM TAKING AN ACTIVE PART IN THIS CHANGING.

THE THINGS
I AM ASKING FOR HELP TO MAKE THE RIGHT DECISIONS.

I CAN
EVERYTHING IS NOT THE WAY I WOULD LIKE IT TO BE IN MY LIFE. I MUST CONTINUE TO FACE REALITY AND CONSTANTLY WORK TOWARD MY CONTINUED GROWTH AND PROGRESS.

AND WISDOM
I AM ASKING FOR THE ABILITY TO RISE ABOVE MY EGO AND FORM SOUND JUDGMENTS ABOUT MYSELF AND MY LIFE. I THEN USE MY ABILITY TO ASK FOR GUIDANCE FROM MYSELF, OTHERS AND A HIGHER POWER.

TO KNOW THE
I WANT TO BE ABLE TO UNDERSTAND CLEARLY TRUTHS OF FACT. I WANT

DIFFERENCE...
TO SEE THINGS DIFFERENTLY IN MY LIFE SO THAT I WILL BE MORE AWARE OF MYSELF AND OF OTHERS. I NEED TO SENSE A DEFINITE VALUE IN LOVING OVER BEING SELFISH.

Unknown