



The ACA Promises

- 1) We will discover our real identities by loving and accepting ourselves.
- 2) Our self-esteem will increase as we give ourselves approval on a daily basis.
- 3) Fear of authority figures and the need to “people-please” will leave us.
- 4) Our ability to share intimacy will grow inside us.
- 5) As we face our abandonment issues, we will be attracted by strengths and become more tolerant of weaknesses.
- 6) We will enjoy feeling stable, peaceful, and financially secure.
- 7) We will learn how to play and have fun in our lives.
- 8) We will choose to love people who can love and be responsible for themselves.
- 9) Healthy boundaries and limits will become easier for us to set.
- 10) Fears of failure and success will leave us, as we intuitively make healthier choices.
- 11) With help from our ACA support group, we will slowly release our dysfunctional behaviors.
- 12) Gradually, with our Higher Power’s help, we will learn to expect the best and get it.