

*Knowing...*

*Knowing myself. • Asking for help when I need it and acting on my own when I don't. • Admitting when I'm wrong and making amends. • Accepting love from others, even if I'm having a tough time loving myself. •*

*Recognizing that I always have choices, and taking responsibility for the ones I make. • Seeing that life is a blessing. • Having an opinion without insisting that others share it. • Forgiving myself and others. • Recognizing my shortcomings and my strengths. • Having the courage to live one day at a time. • Acknowledging that my needs are my responsibility. • Caring for people without having to take care of them. • Accepting that I'll never be finished -- I'll always be a work-in-progress.*

*(Taken from Courage to Change: One Day At a Time in Al-Anon,)*