

HELPING

My role as helper is not to *do* things for the people I am trying to help, but to *be* things; not to try to control and change their actions, but through understanding and awareness, to change my reactions.

I will change my ...

- negatives to *positives*;
- fear to *faith*;
- contempt for what they do to *respect* for the potential within them;
- hostility to *understanding*; and
- manipulation or overprotectiveness to *release with love*, not trying to make them fit a standard or image, but giving them an opportunity to pursue their own destiny, regardless of what their choice may be.

I will change my ...

- dominance to *encouragement*;
- panic to *serenity*;
- the inertia of despair to the *energy of my own personal growth*; and
- self-justification to *self-understanding*.

Self-pity blocks effective action. The more I indulge in it, the more I feel that the answer to my problems is a change in others and in society, not in myself. Thus, I become a hopeless case.

Exhaustion is the result when I use my energy in mulling over the past with regret or in trying to figure ways to escape a future that has yet to arrive. Projecting an image of the future—and anxiously hovering over it for fear that it will or it won't come true—uses all my energy and leaves me unable to live today. Yet living **today** is the only way to have a life.

I will have no thought for the future actions of others, neither expecting them to be better or worse as time goes on, for in such expectations I am really trying to create or control. I will love and let be.

All people are always changing. If I try to judge them, I do so only on what I **think** I know of them, failing to realize that there is much I do not know. I will give others credit for attempts at progress and for having had many victories that are unknown to me.

I, too, am always changing, and I can make that change a constructive one, if I am willing. I CAN CHANGE MYSELF. Others I can only love.



Families Anonymous, Inc.
701 Lee Street, Suite 670, Des Plaines, IL 60016-4508
(847) 294-5877 ▪ fax (847) 294-5837 ▪ (800) 736-9805 (USA only)
Website: www.FamiliesAnonymous.org ▪ Email: famanon@FamiliesAnonymous.org



FAMILIES ANONYMOUS® and the FA® acronym are federally registered trademarks,
and the FA logo is a trademark, owned exclusively by Families Anonymous, Inc.