

Suggestions that can help you **connect** with things that **bring you joy**.

They should **not** create potentially **false expectations for others** about that day.



- Write down something that expresses **your values**.
- Do something that makes you **smile** or you find **relaxing**.
- Do **something you enjoy but never have time for**.
- Think about something that helps you **connect with your Higher Power**.
- Think about something that helps you **connect with others**.
- Think about a **positive holiday memory** from your childhood.

FAMILIES ANONYMOUS™ TWELVE STEPS

We have found that our success in this program is determined by how well we accept and apply the following suggested Steps:

1. We admitted we were powerless over drugs and other people's lives—that **our** lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, **as we understood Him**.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others and to practice these principles in all our affairs.



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10

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Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others and to practice these principles in all our affairs.

HOLIDAYS
CAN WEIGH
HEAVY
ON OUR HEARTS.



REMEMBER,
YOU ARE NOT
ALONE.



- **DECIDE** ahead of time what you need from that day/night.
- **HAVE** at least one contact from somebody in the program you can phone.
- **KEEP** at least one of your favorite meditations or pieces of FA literature nearby.
- **PLAN** your exit strategy for potential scenarios.
- **THINK** about what gives you gratitude, not what creates expectations.
- **BE** where your feet are. Do not harp on regrets of the past or project an image of the future that hasn't happened yet.

