

Adult Children

A-Z Poster.

I have **ACCEPTED** what is, even if I do not agree with what it is.

- ❖ It's *really* okay with me that I do not have all the money I should have right now.
- ❖ It's really okay that I do not have the success I have worked so hard at getting.
- ❖ This is, apparently, not the time to be in love or be married.
- ❖ There really isn't anything I should be doing other than what is right here.

I have set clear **BOUNDARIES** with everyone, including myself.

- ❖ To be in my space, people must listen and respect what I say.
- ❖ I have educated people sufficiently on how I am to be treated.
- ❖ I walk away from arguments, unhappy, upset people until they are over it.
- ❖ I do not help people out unless I am asked to or have their permission to do so.

I have made the authentic **CHOICE** to be fully alive for the rest of my life.

- ❖ I now see that it really is my life, and I can do exactly what I need to do for me.
- ❖ I am at a place in my life where I realize that it is up to me to get what I want.
- ❖ I have made the choice to *live*, not just get through life as best I can.

I **DISCRIMINATE** who gets to be in my life.

- ❖ I spend all my time with people who always see the best in me.
- ❖ I don't spend any time with people who try to fix, help, or control me.
- ❖ I take good care of the people I have selected to be in my life.
- ❖ I quickly sense toxic people and prevent them from getting near me.

I fully **ENJOY** what I do have.

- ❖ I thank God/Higher Power for the people who are consistently there for me.
- ❖ I have many things to look forward to this week and this year.
- ❖ I don't try to help or fix my friends and family; I enjoy them for who they are now.

I have **FORGIVEN** myself for all the pain I have caused myself and others.

- ❖ I realize I did my best with what I had at the time and did not mean to hurt anyone.
- ❖ I now live life without hurting myself or others.
- ❖ The past is over, finally!
- ❖ I have been in touch with people I have hurt, discussed what happened and tell them how I am now.

I have **GRANTED** power to key relationships.

- ❖ I have a sponsor and have surrendered, but not succumbed to his/her assistance.
- ❖ I have a mentor — someone who is helping me design my vision and future.
- ❖ I have developed a powerful relationship with God or a Higher Power. I am not alone.
- ❖ I seek people out whom I enjoy.

I **HONOR** my body and mind.

- ❖ I do not drink.
- ❖ I do not smoke.
- ❖ I avoid sugar.
- ❖ I have safe sex or no sex.
- ❖ I watch almost no television.

I am well **INSULATED** from the consequences of circumstance.

- ❖ I have health insurance.
- ❖ I have \$5,000 immediately available to me if I need it.

I have a **JOB** and routine, which handles the bills and is not hurting me.

- ❖ I have and follow a regular, daily schedule.
- ❖ I am with people during the day.
- ❖ The work I do does not exhaust or hurt me.
- ❖ I am willing to work at this job until something better comes along.

I have **LEARNED** to recognize my early warning signs.

- ❖ I now know when I am getting upset, but still stuffing it.
- ❖ I can catch it faster -- and stop it -- when people are not treating me well.
- ❖ I handle the little disturbances before I get really upset.

I put **MYSELF** first, above anyone or anything.

My five Critical **NEEDS** are now being met.

- ❖ I know what my Critical Needs are.
- ❖ I know how to get them met.
- ❖ They are now being met.
- ❖ They are being met, almost automatically.
- ❖ They are met, period.

My physical environment is in perfect **ORDER**.

- ❖ My desk at home and office have nothing on them.
- ❖ All papers are filed and neatly put away.
- ❖ My home is always neat and clean.
- ❖ My clothes fit and make me look great.

I am clear of the **PAST**.

- ❖ I have fully and voluntarily forgiven those who have hurt, cost, or harmed me.
- ❖ I am not holding anything back from anyone.
- ❖ There is nothing I did wrong that I haven't owned up to.
- ❖ My tax returns are all current and correct.

I exercise the right to **QUESTION** everything and everyone at any time.

- ❖ I do not delegate what I should do myself.
- ❖ I ask for explanations whenever I am not perfectly clear.
- ❖ I get my deals in writing.
- ❖ I do not blindly accept what people are saying or promising.
- ❖ I decline when I am not sure.

I make the **REQUESTS** it takes to get me what I want and need.

- ❖ If things are not going the way I want, I make a clear and firm request of those involved.
- ❖ When I want or need help, I do not hesitate to ask for exactly what I need.
- ❖ I do not take *no* for an answer when I am committed to something.

I have **STOPPED** tolerating.

- ❖ I am not suffering about my life or how I am treated.
- ❖ When I do not like something, I change it.
- ❖ The length of time it takes me to correct a problem is now minimal.

- ❖ Things and people are either acceptable or unacceptable.

I tell the **TRUTH** as soon as I sense it.

- ❖ Regardless of the perceived consequences, I now speak my mind.
- ❖ If I sense that someone is not being straight with me, I ask him/her about it.
- ❖ I either like something or I don't; I do not live in the gray.

I am now **UNHOOKED** from what other people need or want.

- ❖ If I do not want to, I say NO!
- ❖ I do not make my decisions or choices based on how it affects others.
- ❖ People do not lay their trip on me anymore.

I fully express my True **VALUES** each day.

- ❖ I know what my 5 Core Values are.
- ❖ I know how to express them.
- ❖ They are now being expressed.
- ❖ They are being expressed in my job.
- ❖ They are expressed, period.

I **WIN** at something, anything every day.

- ❖ I have something to look forward to each day.
- ❖ I have something to look forward to each evening.
- ❖ I have fully handled with each project during the day.
- ❖ My goals are bite-sized enough that I can win each day.

I **eXPECT** nothing from anyone, even God/Higher Power.

- ❖ I have what I asked for.

I have given up **YEARNING**.

- ❖ I now "go for" what I want.

I have a safety **ZONE** where I am safe and protected.

- ❖ I have a place to live, if I can't stay where I am now.
- ❖ I have a friend/loved one to whom I can turn if things get too much.
- ❖ I have a professional to whom I can turn if things get too much.

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