

The SANITY Support Creed

RECITE ALOUD DAILY

I cannot change the life of another person regardless of how much I would like him or her to change. However, I can change myself and the choices I make. Beginning today I am going to consistently focus on making intentional choices based on love and not on guilt, fear, or anger. Beginning today, I will set healthy boundaries by choosing daily to follow the **Six-Steps to SANITY**. I will no longer accept responsibility for the choices other people make. I will learn how to be firm and loving at the same time. I will affirm that God does some of His best work through our pain. I will let God do a good work in me and through me as I learn to guard my heart and take control in a way that honors God and fulfills the call He has placed on my life.

*I will gain SANITY and find the peace
that transcends all understanding.*

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*And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.*

Philippians 4:7 (NIV)

S	STOP	Repeating Your Same Responses
A	ASSEMBLE	Supportive People
N	NIP	Excuses in the Bud
I	IMPLEMENT	a Plan of Action
T	TRUST	the Voice of the Spirit
Y	YIELD	Everything to God