

The Twelve Promises

The TAR Anon Promises are the outcomes and results of successfully working through the **TAR Anon Steps**, and attending meetings on a continual basis. They serve as guidance along the path of **CPTSD** recovery — an emotional corrective experience for ourselves and for those around us.

Self-awareness, inner transformation, and self-love.

- 01 We shall rise from the fog of confusion into radiant clarity, awakening to our truest selves with tenderness, courage, and unwavering truth.
- 02 We will no longer be bound by the chains of the past. Instead, we will honour its lessons as sacred chapters in our unfolding story — never denied, always integrated.
- 03 We will cultivate serenity and anchor ourselves in the present moment, discovering safety through the gentle dance of emotional self-regulation and connection with kindred souls.
- 04 We will become intimate allies with our nervous system, learning to soothe its storms and invite peace to dwell in both body and mind.
- 05 No matter how deep into the TAR Pit we have descended, we will reclaim our light — and one day, that light will illuminate the path for others still finding their way.
- 06 We will transform from wounded survivors into compassionate truth-tellers, sharing our stories with dignity, free from shame and stigma.
- 07 We will recognise with clarity and grace that the protective roles we once carried as children no longer serve the wholeness of our adult being — and we will release them with love.
- 08 Our values will rise as our inner compass, guiding us toward sanctuaries of safety and away from those who diminish, exploit, or deplete our spirit.
- 09 Through these sacred promises, we will embrace the liberating power of self-forgiveness and extend the balm of compassion to ourselves and to all who walk beside us.
- 10 As we uncover the essence of who we truly are, the grip of fear and insecurity will loosen, and we will stand rooted in quiet confidence.
- 11 In loving and accepting ourselves, we will cultivate mastery over our emotional landscape, meeting life's challenges with grace, resilience, and strength.
- 12 We will walk the path of authenticity — anchored in self-awareness, nourished by transformation, and lit by the flame of inner truth.

THE PROMISE

According to TAR Anon, all things are possible and achievable.

As we live into each of these Promises, they reveal their purpose — and how they carry us toward self-awareness, inner transformation, and self-love.