TAR Anon
POWERED BY STAR Network

THE 12-STEP PATH OF TAR ANON

The Twelve Steps

The Steps guide **STARs** through healing from **CPTSD** and setting boundaries that hold — learning to recognise **TAR Pits** and the signs of being **TAR**geted, and to befriend the nervous system in everyday life. Step by step, we reparent ourselves, break the cycle of transgenerational trauma, and come to know the triggers and red flags that keep us safe from future harm.

The purpose of the Steps is to find Awareness, Transformation, and Self-Love.

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01 **Awareness**
Through Radical Acceptance, we acknowledged that the childhood wounds we carry have shaped our lives, and that repeating patterns of emotional pain and survival no longer serve our authentic selves.

02 **Compassion**
We came to believe that healing is possible through compassion — for our inner child, our nervous system, and our human need for safety. Self-compassion opens the door to transformation.

03 **Safety**
We made a decision to create safe spaces — in ourselves, our relationships, and our communities — where truth and healing can emerge.

04 **Gentle Inquiry**
We courageously explored our thoughts, emotions, and body sensations, recognising them as expressions of our lived experience rather than defects — feeling the truth beyond our pain.

05 **Sharing Truth**
We spoke our stories, without shame, to compassionate others who could witness us without judgment or rejection. What trauma sealed in silence, healing restores within connection and truth.

06 **Reclaiming Authenticity**
We became willing to release the false roles, masks, and survival strategies that once protected us but now keep us from living fully. We choose to become who we truly are.

07 **Nurturing the Inner Child**
We humbly asked for guidance and support as we re-parented the abandoned parts of ourselves with love, patience, and care.

08 **Restoring Connection**
We recognised where trauma had broken trust, and sought to repair it — first within ourselves, and then in our relationships, where possible and safe.

09 **Making Amends with Boundaries**
We made amends by choosing honesty and presence, but without abandoning ourselves or crossing unsafe boundaries.

10 **Daily Regulation**
We committed to ongoing practices of self-regulation — breath, movement, reflection, prayer, or stillness — that bring us back to balance.

11 **Inner Wisdom**
We sought deeper connection with our authentic selves through curiosity, meditation, creativity, and spiritual practices that resonate with us. Wisdom and wholeness are accessible to us.

12 **Service in Compassion**
Having awakened to our true selves, we carry compassion into the world — supporting others in their healing journeys while continuing our own. Healing expands when it is shared, and service anchors us in our purpose.

THE COMMITMENT

Having worked these Steps, I now commit to befriend myself and my neurological system — to find psychological and emotional safety for myself, for the world around me, and for the future generations to come.