



*findom Addicts Anonymous*

## THE PROMISES OF F.A.A.

1. We will accept and love ourselves as we are.
2. We will begin to feel dignity and respect for ourselves.
3. The loneliness will subside, and we will begin to appreciate solitude.
4. We will come to know a new sense of peace because we have let go of the past.
5. We will be fully present when in the company of close ones.
6. We start to feel worthy of investing in activities and interests that we desire for ourselves.
7. Our suffering will prove to add meaning to our lives and will benefit helping others.
8. We will give love out of abundance rather than giving to get, out of surrender and excitement.
9. Lust and arousal will no longer imply submission.
10. Fear of financial insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will be grateful for what has been given to us, what has been taken away and what has been left behind.

Are these extravagant promises? We think not.

They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them...