



TAR Anon Promises



TAR Anon Promises are the outcomes and results of successfully working through TAR Anon Steps, and attending meetings on a continual basis.

These Promises serve as guidance around the path of Complex Post-Traumatic Stress Disorder (CPTSD) recovery. Following the format of TAR Anon meetings and working the Steps with a TAR Mentor increases the chance of lasting CPTSD recovery which will serve as an emotional corrective experience for ourselves and those around us.

- 1** We are going to come out of the fog into the light and experience a new self-awareness.
- 2** We will not dwell on the past, but we will not shut the door on it.
- 3** We will experience serenity and learn how to appreciate living in the moment through emotional self-regulation and co-regulation with healthy people.
- 4** We will learn how to love and befriend our neurological system to find peace.
- 5** No matter how far down the TAR Pit we've gone, we will eventually understand how the experience can benefit others.
- 6** We will grow from victim to Spiritual Warrior and be able to share our TAR Tale with the world without shame and stigma.

7 We will finally understand that the roles that we had to assume as children are not helpful for our mind, body, and spirit as healthy adults.

8 Our values will become our North Star as they represent the garlic and the crucifix to energy vampires.

9 Through these promises, we will finally understand the importance of self-forgiveness and self-compassion for ourselves and others in our world.

10 Once we have self-awareness and know who we are, our fear of people and insecurity will leave us.

11 Once we embrace and love who we are, we will learn new mastery over our emotional behavior and all situations to come.

12 We will be on the sacred path of authenticity through our own self-awareness, self-transformation, and self-love.

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

*As we delve into each of these Promises,
we showcase their purpose and how they help us reach
self-awareness, inner transformation, and self-love.*

