The Principles of Change & Grow®

The Principle of Truth is a basic premise of human integrity. It establishes and maintains a clear conscious and sets us free. Our behaviour is consistent and we are free of doubt if we are living in the truth. Those around us will be influenced. In the early days of the programme the truth can be painful. By living in truth all associated fears will disappear.

The Principle of Acceptance is the happiness boost. The more practice we have the easier it is to adapt to the obstacles we face everyday. Our happiness is dependent on our capacity to accept. It’s only possible to overcome the disease or addiction once we accept we have it, until the point of acceptance we are living in denial.

The Principle of Gratitude is essential to reach true happiness. This is the basis of personal development. If we live, feel and breathe gratitude we experience the purest part of ourselves. A grateful heart is healthy heart.

The Principle of Love is an extremely powerful feeling. It that creates a distance between our egocentrism and us. This process involves our personal development and impacts on those around us and transports us into a bigger reality. This principle is the core of our existence, of our Being, of the universal union of all that is good that represents the positive side of life.

The Principle of Responsibility is the obligation we have of answering for our actions. It allows us to reach and keep an active, healthy and socially acceptable lifestyle. The understanding of this principle is vital for every individual to understand that they are responsible for their decisions and actions. The use of this principle allows us the freedom of choice in its purest form.
The Twelve Steps of Change & Grow®

1 – We admitted we were powerless - that our lives had become unmanageable

2 – We came to believe that a Power greater than ourselves could restore us to sanity

3 – We made a decision to turn our will and our lives over to the care of God as we understood Him

4 – We made a searching and fearless moral inventory of ourselves

5 – We admitted to God, to ourselves and to another human being the exact nature of our wrongs

6 – We were entirely ready to have God remove all these defects of character

7 – We humbly asked Him to remove our shortcomings

8 – We Made a list of all persons we had harmed, and became willing to make amends to them all

9 – We made direct amends to such people wherever possible, except when to do so would injure them or others

10 – We continued to take personal inventory and when we were wrong promptly admitted it

11 – We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out

12 – Having had a spiritual awakening as the result of these steps, we tried to carry this message and to practice these principles in all our affairs

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The Promises of Change & Grow®

Our programme of change and grow is a programme of action. These promises are the result of our fearless use of Change and Grow in all areas of our life.

We will have a new freedom, free from all obsession and through this we will experience true happiness.

We will accept our past, we will forgive ourselves and others but never forget how far down we went.

We will understand the true meaning of serenity and peace through continual working of gratitude.

Feelings of insecurity, and self-pity will pass, we will live in love instead of fear.

We will change and grow as individuals and others will benefit. We will become responsible members of society.

Our Inner positive voice will become more confident and we will listen truly to it to overcome all insecurities of people places and things.

We will understand that together we can find a solution to our problems with the result of living in balance. The four elements of the self will be fully realised. We will be changing and growing and for this we are always responsible.