

***12 STEPS TO SELF-PARENTING**

By

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Step 1: Admitted our powerlessness to change our past – that our lives had become unmanageable and became willing to surrender to our love and not to our fear.

Step 2: Found hope in the belief that recovery is possible through faith and an acceptance of the fact that we are never really alone.

Step 3: Learn to let go of compulsive self-reliance by reaching out to our Higher Parent.

Step 4: Made an honest assessment of our strengths and weaknesses and accepted the impact our childhood has had on us as adults.

Step 5: Learned to share our self-parenting issues with others without self-recrimination or shame

Step 6: Became ready to change by giving up the demand to be perfect.

Step 7: Learned to embrace our uniqueness and connectedness to others in a spirit of love and humility.

Step 8: Learned self-forgiveness and made amends to our inner child.

Step 9: Healed our inner child by realizing the promises of self-parenting in our daily living.

Step 10: Practiced daily self-acceptance and learned to live in the present.

Step 11: We allowed the divinity in us to shine forth by surrendering to our Higher Power.

Step 12: Having had this spiritual awakening, we reached out to others in the spirit of giving, love and community.

***(This book is available on Amazon and Amazon Kindle.)**