



# 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.*

