

Breaking Free

A 12-Step Program to Overcome Chronic Self-Critical Thoughts

Step 1: We recognize that there are moments when we experience powerlessness as our emotions become overwhelming, resulting in negative perceptions of ourselves and others.

Step 2: We develop faith in a Higher Power capable of restoring our self-confidence.

Step 3: We choose to entrust our will and lives to the care of God, as we comprehend Him.

Step 4: We adopt the daily practice of extending grace to both ourselves and others.

Step 5: We openly identify and acknowledge, to God, ourselves, and another individual, our comprehension of our unhealthy triggers and reactions.

Step 6: We become fully prepared to accept God's strength and power to transcend restrictive and self-critical beliefs about ourselves.

Step 7: We humbly seek assistance in managing our excessive self-critical emotions through prayer and support from trusted, accepting individuals.

Step 8: We compile a list of all individuals we have hurt when triggered in the past and become willing to make amends to them all.

Step 9: We commit to making deliberate daily affirmations to cultivate belief and trust in ourselves, while also seeking wisdom and a divine perspective.

Step 10: We persist in conducting personal inventory and promptly acknowledge our mistakes to prevent dwelling on them and fostering further self-criticism.

Step 11: Through prayer and mindfulness, we strive to enhance our connection with God, seeking understanding of His will in our lives, as well as the strength and wisdom to fulfill it.

Step 12: After experiencing a spiritual awakening, we are committed to sharing this message with others grappling with chronic self-criticism and to applying these principles in every facet of our lives.