

Owning Your Program

1. I will take a stand for what is right.
2. I will accept the rights of others and realize the effect of my past violence.
3. I will have and use my plan for changing me not changing you.
4. I will strive to not manipulate, control, or intimidate.
5. I will not tolerate any games within myself. I will make choices for me, not others.
6. I will respect you by not tolerating your games.
7. I will help make interactions constructive. I am here to work.
8. I will hold you accountable in treatment because I'll walk the talk with you.
9. I will change me from the inside out.
10. I will not keep secrets.