

## OUR VISION

“Our vision is to create a family amongst fosters, adopted fosters, aged out fosters, and anyone that has suffered tragedy in life. Our hopes are that all who belong to F.A. recover and regain their independence, but always remain forever in the F.A. family to help those who are still recovering.”



# Foster Anonymous



## 12-Steps

### CONTACT US

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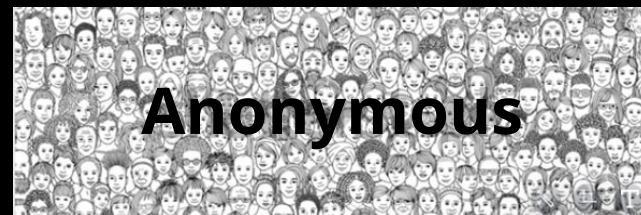
## OUR PURPOSE

The purpose of the 12-Steps for the Foster Community is to recover from compulsive, out-of-control behaviors and establish manageability in their life. It is meant to build a family of recovery of fosters who meet regularly to support each other and share recovery and strength from one foster to another foster. This family bond will develop out of the depths of tragedy to form a unity with love and understanding among its members.

## The 12-Steps of Foster Anonymous

These are the same 12-Steps followed by millions of people across the globe, which are suggested as a program of recovery:

1. We admitted we were powerless over behaviors – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and, when we were wrong, promptly admitted it.
11. 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 to others and practice these principles in all our affairs.:



## The 12-Steps of Foster Anonymous

These are the steps that were adapted from the originator's of The 12-Steps. These steps have been around for close to 100 years and have brought people to recovery all around the world. They are recognized by the medical community, the treatment community, and the spiritual community as an effective way to treat many types of uncontrollable behaviors. The 12-Steps have brought about meaning, drastic change, and purpose to those who have worked them. For the first time, the F.A. community has the opportunity to use these steps to create a miraculous change in their lives and the lives of people around them.

*It is important to note these steps are suggested to be worked with a sponsor, in meetings, and with other fosters.*

