

“New Life” Acceptance Program

1. I have a life-threatening problem that once had me.
2. Negative thoughts destroy only myself.
3. Happiness is a habit I will develop.
4. Problems bother me only to the degree I permit them to.
5. I am what I think.
6. Life can be ordinary or it can be great.
7. Love can change the course of my world.
8. The fundamental object of life is emotional and spiritual growth.
9. The past is gone forever.
10. All love given returns.
11. Enthusiasm is my daily exercise.
12. I am a competent man and have much to give life.
13. I am responsible for myself and my actions.

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Learning the Benefits of the Program

- We have the power to control our lives and our emotions.
- We have the power to change our thoughts and our way of thinking. We have power over ourselves.
- We create our own world - spiritual, mental and even physical. We always live in the atmosphere we create with our thoughts.
- We create the world we think about. No one else does. We are responsible for ourselves and our choices. What we are, we made ourselves become.
- We are now creating a new person, the person we always wanted to be but we never thought possible.

There are just a few MFS groups available at this time. If you wish to help start a group in your area, please write for the Guidelines and Moderator Application Form. MFS also produces and distributes booklets and literature for all who are interested in the “New Life” Program.

MEN FOR SOBRIETY, INC.
P.O. BOX 618
QUAKERTOWN, PA 18951-0618

Phone: 215-536-8026

Fax: 215-538-9026

Email: newlife@nni.com

Men For Sobriety, Inc.

**Who
We
Are**

“New Life” Program



Men For Sobriety “New Life” Program

The MFS “New Life” Program is comprised of Thirteen Statements of Acceptance that, when accepted and used, will provide each person with a new way of life through a new way of thinking.

As alcoholics, we must learn about ourselves and how to avoid the pitfalls of faulty thinking and destructive behavior that used to lead us to taking that first drink, even though we sometimes did not want to drink.

Since we had a faulty approach to life and living, we must turn our attention to finding new ways of overcoming. This starts with coping first but then moving on to overcoming and a whole change in our approach to each day.

To make the Program effective for you, arise each morning 15 minutes earlier than usual and go over the Thirteen Statements of Acceptance. Then begin to think about each one by itself. Take one Statement and use it consciously all day. At the end of

the day, just before sleeping, review the use of it and what effects it had on your actions. For some, it has proven helpful to use a notebook for recording the sequences of the day and the Statement’s effects. *(A Program Booklet is available with detailed explication of each Statement and the “New Life” Diary for MFS is now available. It is a great combination with the Program Booklet.)*

To incorporate the Program into your recovery, it must be used each day consciously. Never forget that our faulty thinking is a result of many years. It cannot be corrected overnight. It takes a long time to realize that most of what we thought, was cast in the negative view and utterance.

The philosophy of the Program is that the image precedes our actions. Whatever we think, eventually we act out. If our thoughts are always negative, our actions will also be negative. If our thoughts are positive, so are our actions. One writer once said, “A garden of weeds cannot produce a beautiful flower.” This is also true of our minds. If we have upsetting thoughts,

we cannot have a serene life.

We used to think that life was upsetting and that our problems followed, but, in truth, it usually was the other way around: our thoughts were confused and negative, which created the problems that followed.

We have the power of changing our way of thinking.

That means we have a way of changing our life. We live in the atmosphere created by our mind and our thoughts.

We create our own world. No one else does. We are responsible for ourselves and our choices. What we are, we made ourselves become.

We are now beginning to create a new person, the one we always wanted to be but never thought possible. This “New Life” Program shows the way to change faulty thinking about ourselves and life. It shows how to become the dynamic person we have the capability of becoming.