

# Gratitude Promises in Spenders Anonymous

I am grateful for:

the good people I have met  
a place to share struggles and joys  
knowing that I don't have to be alone  
trusting in a power greater than myself  
accepting encouragement and learning how to encourage  
hope giving time for healing  
compassion and empathy  
release from shame  
learning about options  
experiencing freedom in honest discovery  
quiet clarity dispelling anxiety and fear  
sharing the learning process  
sensing that all is well  
choosing to forgive oneself and others  
letting go of what doesn't work bringing relief  
doing what works bringing contentment  
mistakes in the past being in the past  
healthy decisions made in the present  
being able to practice without being perfect  
setting spending safety boundaries  
living within my income  
understanding that comes from humor  
living life as a gift  
feeling peace around spending  
the treasure of friendship in recovery