

The “New Life” Affirmations

1. I have a life-threatening problem that once had me:
I now take charge of my life. I accept the responsibility
2. Negative thoughts destroy only myself:
My first conscious act must be to remove negativity from my life.
3. Happiness is a habit I will develop:
Happiness is created, not waited for.
4. Problems bother me only to the degree I permit them to:
I now better understand my problems and do not permit problems to overwhelm me.
5. I am what I think:
I am capable, competent, caring, compassionate person
6. Life can be ordinary or it can be great:
Greatness is mine by a conscious effort
7. Love can change the course of my world:
Caring becomes all important.
8. The fundamental object of life is emotional and spiritual growth:
Daily I put my life into a proper order, knowing which are the priorities.
9. The past is gone forever:
No longer will I be victimised by the past. I am a new person.
10. All love given returns:
I will learn to know that others love me.
11. Enthusiasm is my daily exercise:
I treasure all the moments of my new life.
12. I am a competent person and have much to give life:
This is what I am and I shall know it always.
13. I am responsible for myself and for my actions:
I am in charge of my mind, my thoughts, and my life.

Services for Healthier Communities



1300 552 509
www.linkhc.org.au

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.

The NLP Office is manned by professional staff who assist individuals with counselling, support, & advice with alcohol or other drug related problems.

The New Life Program also has self-help groups available for you to attend. In addition, NLP produces booklets and literature for all who are interested in the Program. Please contact us for the nearest group in your area.

There is no fee charged for NLP Programs
Donations are Welcome

We are capable and competent, caring and compassionate, always willing to help one another, bonded together in overcoming our addictions.

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New Life Program Inc

Peer Support Program

Alcohol and Other Drug Issues

New Life



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NLP is a six level recovery program based on thirteen affirmations. When adopted and used these will provide a new way of thinking. They are guidelines to a new way of life.

The philosophy of the program is that thought determines action. 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 will be our actions.

The first objective of the program is, therefore, to learn about ourselves: to recognise the negative thoughts and the destructive behaviours which led to that first drink or drug of the day.

The thirteen affirmations are used to control these negative ways of thinking. They help to create new attitudes and develop new behaviours as we progress through the six levels of recovery.

Only then can we move on to recreate ourselves, recover our self esteem, restore our relationships, regain our sense of purpose, and re-engage with life again.

To make the Program effective for you, begin each morning by reading 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 review what effects that statement had on your actions.

Though you might resolve to do better with some things, it is important to note those where you did succeed. Most find it helpful to keep a diary of these at this time.

The more we work the program, the more successful we will be at changing our lives. Never forget that our destructive behaviours resulted from many years of negative attitudes.

These cannot be corrected overnight. It takes a long time to realize that most of what we thought about our lives and about ourselves was cast in the negative.

“A garden of weeds cannot prosper”. This is also true of our minds. If they nurture only self destructive thoughts, we cannot have a very good life.

We used to think that life itself was the difficulty and that our problems followed. In truth, it was usually the other way around.

It was our confused and negative thoughts that were the difficulty. They created the problems that followed us throughout our lives.

We have the power of changing our way of thinking. That means we have a way of changing our lives. 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 allowed ourselves to become.

We are now beginning to create a new person, the one we always wanted to be but never thought possible.

The “New Life Program” shows the way to achieve positive thinking about ourselves and life. It shows how to become the dynamic person we have the capability of being.

‘Accept the past, plan for tomorrow

and live for today’

NLP is a member of the Eastern Collaboration of Alcohol and Drug Services (ECADS): a network of State Government funded organisations, which deliver services to people with alcohol & drug related issues.

The New Life Program

