

Searching for Angela Shelton

Many times victims of incest, rape and violence inflict abuse upon themselves because they are repeating a pattern of what was done to them. Now is the time to transform from a victim into a survivor and then to not only survive, but to thrive. Make a commitment to change your life and stop the self-inflicted abuse. Whether it is facing an addiction, leaving an abusive situation, doing something creative for the first time, writing your story down or promising to not harm yourself, the commitment is the important step. Make a promise to your Higher Power (whatever It is to you) that you will keep your commitment for a certain amount of time. No amount is too large or too small. You can always recommit to a new promise after you succeed.

I, _____
promise to _____

for _____ (days, weeks, months or years)

Commitment made on _____, 20____

Signed by _____

Recognized by my Higher Power _____

Know that your higher power is there to love you no matter what.

Hang your commitment up or fold it and keep it in your wallet to remind you that you have the power to change your life.

The Angela Shelton Foundation – Visit our forum at www.searchingforanglashelton.com