

The Serenity Pledge

Grant me the serenity

**To accept the things that I can't change,
The courage to change the things I can
And the wisdom to know the difference.**

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Confidentiality Pledge

“I am committed to challenging myself ‘One Day at a Time’ to work through my negative behavior. I endorse those who are working on their behaviors and offer them support without judgment. Together we promise each other total confidentiality out of the mutual respect we share in Mpowd.

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