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## **A Pledge of Safety & Wisdom: To Abstain from Alcohol for Life**

“I love my life, I want to make the most of it. I recognize that alcohol limits me; it undermines me, it decreases my power, intelligence, influence, capacity, earning potential, and happiness.

Having considered both the benefits of abstinence and the dangerous and addictive nature of alcohol, I \_\_\_\_\_ now make the promise to myself, never to drink alcohol in any form.

I know this will not be easy. But by this promise I guarantee myself freedom from the risk, expense, and negative influence of alcohol. I commit myself to a life in the fullest; aware, alert, and alive in every way to enjoy the life I have been given. I now willingly and sincerely commit to the pledge that I will abstain from drinking alcohol for the rest of my life.”

Signed, \_\_\_\_\_

Date: \_\_\_\_\_

Witnesses: \_\_\_\_\_  
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