



## MEETING TOPICS FROM FOURCWOMAN

Fourcwoman, Nancy Cross, was a 4C Woman, Certified Facilitator and Board of Directors member who entered into the New Life Program in 1991 after a nearly fatal illness caused by drinking. Until her death in 2015 Nancy supported women in recovery both in her in-person meetings, and by taking WFS online in 1995 using an AOL chat site with 10 women. Today, through her generous bequest, WFS Online continues with thousands of active users. You can read Nancy's thoughts and exploration of the New Life Program on the WFS Online forum Wisdom of 4C Woman.

In addition to Nancy's pioneering work to get the New Life Program online, she led her groups with a deep commitment to giving women tools to achieve recovery and flourish in their New Life. This document shares a collection of her thoughts that may be useful to you as meeting topics or to elaborate on specific Statements.

### Nancy's quotes/Statement/Year

- Today I take responsibility for my own choices – 1 & 13; 2002
- Forgiveness unties the knot that binds me to resentment and regret – 9; 2002
- Feelings give me information, but rational thought must do the processing – 8; 2002
- As hard as it may be to get started, action brings relief – 6 & 12; 2002
- Self-esteem is built on truth – 13; 2002
- My self-esteem is best maintained by regular checkups – 5 & 12; 2002
- My self-esteem hinges on my own battles, not someone else's – 1; 2002
- Hidden anger can kill me. I must recognize and address it – 2 & 9, 2002
- Passion is the true vehicle for aliveness. Commit to letting yourself be a passionate person – 11; 2003
- I can allow the ugly past to blow away. All it takes is the desire and the effort to let it go – 2 & 9; 2002
- What do you have difficulty accepting in yourself? Take a look at what you need to do to be more forgiving of yourself – 5; 2003
- When you start to worry over somethings, stop to realize that you have no control and see what positive action you can take – 2, 4 & 13; 2003
- Make a list of resentments you are holding onto and see what you need to do with yourself to feel better – 2 & 9; 2003
- Knee-jerk guilt is a setup for low self-esteem – 12 & 13; 2002
- As martyrs slowly abandon themselves, the first thing they leave behind is self-esteem. Today, let me remember that I am a capable, competent, caring and compassionate women with legitimate wants and needs that must be our priority – 5; 2002
- Today, help me feel compassion for the child within me who was the real victim – 9; 2002
- Today, help me bring my attention back to the moment whenever I find myself worrying or preoccupied – 6 & 11; 2002
- Today, let me release the pain of yesterday. Let me bring the lessons of the past into today – 9; 2002

- Today, I won't look for apples on a lemon tree. If I want a tree that grows apples, I'll have to buy an apple tree – 2 & 6; 2002
- Today, let me be conscious of how I blame myself so that I can begin to heal – 5 & 7; 2002
- I am confident that patience and persistence will win out in the long run. And I am grateful for that insight – 2 & 12; 2002
- I am the master of my own reactions. Today, I choose to enjoy the roses in spite of the thorns – 13; 2002
- I am free to find joy and laughter. Today, I will discover them in my places – 3 & 9; 2002
- I can guard against self-delusion and be honest with myself and others – 1 & 2 2002
- I will be on guard against complacency and laziness. I refuse to jeopardize my own progress – 1 & 13; 2002
- Take the time to remember and list some personal regrets that you carry. Go over your list. Does hanging onto these regrets benefit your personal life? No? Then...let them go – 9; 2002
- I will not define my life by my problems. I remind myself that struggle is part of life...not life itself – 4; 2002
- If my private rules are out of date and growth inhibiting, I need not live by them any longer. I am a work in progress! – 8; 2003
- Today, let me keep silent and simply listen to others – 13; 2002
- Practice not indulging in a runaway mind. Set up a red flag system for yourself so that you can identify times when you begin obsessing about something – 2; 2003
- I can't hang onto the old and reach out for the new at the same time – 9; 2002
- If success is the goal, first things must be done first – 1; 2002
- We may need to redefine happiness, rather than put it on hold – 3; 2002
- The building blocks of my self-esteem change as circumstances change – 6; 2002
- Today, I can afford to take risks that I couldn't afford yesterday – 5 & 10; 2002
- Good judgment is built brick by brick, from painful lessons learned – 2 & 9; 2002
- My vision of life as it should be is rarely the same as life as it is – 2 & 6; 2002
- "Oh, it's you again" is the appropriate greeting when a negative emotion forces its way into my mind – 2; 2003 (We now would say negative "thoughts")
- If you are willing to enter upon an experiment, make a commitment to eliminate one "unnecessary" from your life each week for a year and see how you feel – 2 & 6; 2003
- Today, I'll choose to participate in helpful, positive, and uplifting experiences. These can help me move away from my pain – 8 & 9; 2006
- Today, I'll start making changes in my life. I'll set a small goal that will bring about a positive change in me, and follow it through – 8; 2006
- Are there are things you have done for which you need to forgive yourself so you can move on? It's time to let go and begin to grow – 9; 2007
- I don't have to let the past hinder my any longer. I can be free of it, if that's my desire – 9; 2007
- Trust that you have a song to sing and that you will find it – 7 & 12; 2003