

The Promises

Unexpected Results You Can Expect When You Work through a 12-Step Program

- 1. If we are painstaking about this phase of our development, we will be amazed before we are half way through.**
- 2. We are going to know a new freedom and a new happiness.**
- 3. We will not regret the past nor wish to shut the door on it.**
- 4. We will comprehend the word serenity and we will know peace.**
- 5. No matter how far down the scale we have gone, we will see how our experience can benefit others.**
- 6. That feeling of uselessness and self-pity will disappear.**
- 7. We will lose interest in selfish things and gain interest in our fellows.**
- 8. Self-seeking will slip away.**
- 9. Our whole attitude and outlook upon life will change.**
- 10. Fear of people and of economic insecurity will leave us.**
- 11. We will intuitively know how to handle situations which used to baffle us.**
- 12. We will suddenly realize that God is doing for us what we could not do for ourselves.**

Are these extravagant promises? We think not. They are being fulfilled among us *sometimes quickly, sometimes slowly*. They will always materialize if we work for them.

Alcoholics Anonymous Pages 83 and 84 (Fulfilled during and after completion of the suggested 12 steps)

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