

# The Promises

From Alcoholics Anonymous p83-84 after step 9

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

- ✓ We are going to know a new freedom and a new happiness.
- ✓ We will not regret the past, nor wish to shut the door on it.
- ✓ We will comprehend the word serenity and we will know peace.
- ✓ No matter how far down the scale we have gone, we will see how our experience can benefit others.
- ✓ That feeling of uselessness and self-pity will disappear.
- ✓ We will lose interest in selfish things and gain insight into our fellows.
- ✓ Self-seeking will slip away.
- ✓ Our whole attitude and outlook will change.
- ✓ Fear of people and economic insecurity will leave us.
- ✓ We will intuitively know how to handle situations which used to baffle us.
- ✓ 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.