

The Promises

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 interest in our fellows

- * Self-seeking will slip away

- * Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us

- * We will intuitively know how to handle situations that 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. (*Alcoholics Anonymous, pp 83-84*)