

# ***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 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.**

(from pages 83-84 of the Big Book, *Alcoholics Anonymous*)