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. Selfseeking 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.



"We're Here and We're Free"™ C.A. World Service Conference-Approved Literature Cocaine Anonymous World Services, Inc. Copyright © 1994. All rights reserved.

This excerpt from Alcoholics Anonymous, pages 83-84, is reprinted with permission of Alcoholics Anonymous World Services, Inc. ("AAWS"). Permission to use this excerpt does not mean that AAWS has reviewed or approved the contents of this publication, or that AAWS necessarily agrees with the views expressed therein. A.A. is a program of recovery from alcoholism <u>only</u>—use of this material in connection with programs and activities which are patterned after A.A., but which address other problems or concerns, or in any other nonA.A. context, does not imply otherwise.