

When we take INTO ACTION the 12 steps with the support of a sponsor, we begin to receive:

THE TWELVE PROMISES

(from the AA Big Book page 83)

- ✓ 1. We are going to know a new freedom and a new happiness.
- ✓ 2. We will not regret the past nor wish to shut the door on it.
- ✓ 3. We will comprehend the word *serenity*.
- ✓ 4. 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 economic insecurity will leave us.
- ✓ 11. We will intuitively know how to handle things 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 [*impossibly*] extravagant promises? **We think not.** They are being fulfilled among us— sometimes quickly, sometimes slowly. They will always materialize if we work for them.