

# The Promises:

1. **If we are painstaking about this phase of our development, we will be amazed before we are halfway through.**

This promise states that people who make a sincere effort will begin to see changes in their lives even before they are halfway done.

*What has amazed you most about the program so far?*

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2. **We are going to know a new freedom and a new happiness.**

People who finish the steps will experience relief from the suffering of addiction and feel free to pursue a new life.

*What new freedom and new happiness have you experienced?*

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3. **We will not regret the past nor wish to shut the door on it.**

Those who work the program will gain a sense of acceptance that allows them to process their experiences, learn from them, and move on without guilt.

*How have you put the past in the past and what has this done for you?*

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4. **We will comprehend the word serenity, and we will know peace.**

Addiction can lead to a constant state of inner turmoil. The program helps people find a calmness that many addicts have never known in their lives.

*What does "serenity" mean to you now? Compare your sense of peace now from when you first entered the rooms.*

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5. **No matter how far down the scale we have gone, we will see how our experience can benefit others.**

Many addicts don't believe that other people understand what they've been through. But in program they often meet people who can identify with and learn from their experiences.

*What are three best things you've learned from others in program? How can your honest and sincere sharing of your journey help others?*

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6. **That feeling of uselessness and self-pity will disappear.**

Addiction makes users feel worthless and guilty about their actions. The steps can give people a sense that their lives have a meaning and a purpose, particularly through helping others.

*What do you miss about the feeling of uselessness? How does less self-pity benefit you?*

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**7. We will lose interest in selfish things and gain interest in our fellows.**

Addiction leads to many self-centered behaviors. Helping other people find recovery can bring addicts outside of themselves and help them develop a genuine interest in other people.

*What has service in program done for you so far? How are you being of service?*

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**8. Self-seeking will slip away.**

The tunnel vision of focusing only on oneself usually begins to fade as people work the steps.

*How are you working the steps with your sponsor?*

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**9. Our whole attitude and outlook upon life will change.**

The program can shift one's perspective from hopeless to hope. People can begin to imagine a life where they are happy.

*How have your attitude and outlook changed?*

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**10. Fear of people and of economic insecurity will leave us.**

Recovery helps people feel like they don't have to hide anymore or worry about how to support their addiction and maintain financial security.

*What fears have you faced since coming into program and what fears continue to plague you? How will you reach out for help in facing those fears?*

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**11. We will intuitively know how to handle situations which used to baffle us.**

As we get deeper into the recovery process, we begin to see situations more clearly and tap into their inner resources.

*Think of a situation you faced intuitively and what benefit did you received in doing so?*

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**12. We will suddenly realize that God is doing for us what we could not do for ourselves.**

The concept of a Higher Power is central to the 12 Steps. This higher power, be it God or something else, becomes a guiding force in the person's life.

*How has your concept of your Higher Power changed since coming into the rooms?*

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**You will not be able to complete all of these today, but we invite you to return to this exercise throughout the high hol(y)-days of food. (Remember, there is another word for Thanksgiving. It is Thursday.)**