



Twelve Promises

Adult Children of Alcoholics

1. We admitted we were powerless over alcohol --- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. We're entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcoming.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible; except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

If we are painstaking about our recovery, the following twelve promises will enrich our lives.

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 now 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 disappear. We will lose interest in selfish things and gain insight in others.
7. Self-seeking will slip away.
8. Our whole attitude and outlook will change.
9. Fear of people, and economic insecurity will leave us.
10. We will intuitively know how to handle situations which used to baffle us.
11. We will suddenly realize that God is doing for us what we could not do for ourselves.
12. We will be able to identify truth and apply it to our lives.