

# The AA Promises for Each of the 12 Steps (Steps 1 to 12)

**Step 1:** *We admitted we were powerless over alcohol – that our lives had become unmanageable.*

## Step 1 Promises

Then he had, in effect, been raised from the dead, suddenly taken from the scrap heap to a level of life better than the best he had ever known!”

**BB Page 11, Bill’s Story**

“The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action.”

**BB Page 17, There is a Solution**

“But this man still lives, and is a free man. He does not need a bodyguard nor is he confined. He can go anywhere on this earth where other free men may go without disaster, provided he remains willing to maintain a certain simple attitude.”

**BB Page 26-27, There is a Solution**

“But the moment I made up my mind to go through with the process, I had the curious feeling that my alcoholic condition was relieved, as in fact it proved to be.”

**BB Page 42, More About Alcoholism**

***Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.***

### **Step 2 Promises**

“The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God’s universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous.”

**BB Page 25, There is a solution**

“As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps.”

**BB Page 46, We Agnostics**

As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.\*”

**BB Page 47, We Agnostics**

“Even so has God restored us all to our right minds. To this man, the revelation was sudden. Some of us grow into it more slowly. But He has come to all who have honestly sought Him. When we drew near to Him He disclosed Himself to us!”

**BB Page 57, We Agnostics**

***Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.***

### **Step 3 Promises**

When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.

**BB Page 63, How it Works**

***Step 4: Made a searching and fearless moral inventory of ourselves.***

### **Step 4 Promises**

At once, we commence to outgrow fear.

**BB Page 68, How it Works**

We avoid hysterical thinking or advice.

**BB Page 70, How it Works**

We have listed and analyzed our resentments. We have begun to comprehend their futility and their fatality. We have commenced to see their terrible destructiveness. We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people.

## **BB Page 70, How it Works**

God can remove whatever self-will has blocked you off from Him.

## **BB Page 71, How it Works**

**Step 5 :** *Admitted to God, to ourselves and to another human being the exact nature of our wrongs.*

### **Step 5 Promises**

Now these are about to be cast out. (Character Defects)

## **BB Page 72, Into Action**

Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

## **BB Page 75, Into Action**

**Step 6:** *Were entirely ready to have God remove all these defects of character.*

### **Step 6 Promises**

“But when I became willing to clean house and then asked a Higher Power, God as I understood Him, to give me release, my obsession to drink vanished. It was lifted right out of me.”

**Step 7: *Humbly asked Him to remove our shortcomings.***

### **Step 7 Promises**

But when we have taken a square look at some of these defects, have discussed them with another, and have become willing to have them removed, our thinking about humility commences to have a wider meaning. By this time in all probability we have gained some measure of release from our more devastating handicaps. We enjoy moments in which there is something like real peace of mind. To those of us who have hitherto known only excitement, depression, or anxiety—in other words, to all of us—this newfound peace is a priceless gift. Something new indeed has been added. Where humility had formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient which can give us serenity.

This improved perception of humility starts another revolutionary change in our outlook. Our eyes begin to open to the immense values which have come straight out of painful ego-puncturing.

**Step 8: *Made a list of all persons we had harmed, and became willing to make amends to them all.***

### **Step 8 Promises**

In nine cases out of ten the unexpected happens. Sometimes the man we are calling upon admits his own fault, so feuds of years' standing melt away in an hour. Rarely do we fail to make satisfactory progress. Our former

enemies sometimes praise what we are doing and wish us well.  
Occasionally, they will offer assistance.

### **BB Page 78, Into Action**

***Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.***

### **Step 9 Promises**

If we are painstaking about this phase (Steps 8/9) of our development, we will be amazed before we are halfway through. (1) We are going to know a new freedom (2) and a new happiness. (3) We will not regret the past (4) nor wish to shut the door on it. (5) We will comprehend the word serenity (6) and we will know peace. (7) No matter how far down the scale we have gone, we will see how our experience can benefit others. (8) That feeling of uselessness (9) and self-pity will disappear. (10) We will lose interest in selfish things (11) and gain interest in our fellows. (12) Self-seeking will slip away. (13) Our whole attitude (14) and outlook upon life will change. (15) Fear of people (16) and of economic insecurity will leave us. (17) We will intuitively know how to handle situations which used to baffle us. (18) We will suddenly realize that God is doing for us (19) what we could not do for ourselves. (20)

Are these extravagant promises? We think not. They are being fulfilled among us (21)—sometimes quickly (22), sometimes slowly. (23) They will always materialize if we work for them. (24) **BB Pages 83-84, Into Action**

***Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.***

And we have ceased fighting anything<sup>(1)</sup> or anyone<sup>(2)</sup> – even alcohol. For by this time sanity will have returned<sup>(3)</sup>. We will seldom be interested in liquor.<sup>(4)</sup> If tempted, we recoil from it as from a hot flame.<sup>(5)</sup> We react sanely<sup>(6)</sup> and normally<sup>(7)</sup>, and we will find that this has happened automatically.<sup>(8)</sup> We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes!<sup>(9)</sup> That is the miracle of it.<sup>(10)</sup> We are not fighting it,<sup>(11)</sup> neither are we avoiding temptation.<sup>(12)</sup> We feel as though we have been placed in a position of neutrality<sup>(13)</sup> – safe<sup>(14)</sup> and protected<sup>(15)</sup>. We have not even sworn off.<sup>(16)</sup> Instead, the problem has been removed.<sup>(17)</sup> It does not exist for us.<sup>(18)</sup> We are neither cocky<sup>(19)</sup> nor are we afraid.<sup>(20)</sup> That is our experience.<sup>(21)</sup> That is how we react so long as we keep in fit spiritual condition.<sup>(22)</sup>

***Step 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.***

**Step 11 Promises**

We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

It works - it really does.

“Perhaps one of the greatest rewards of meditation and prayer is the sense of belonging that comes to us. We no longer live in a completely hostile world. We are no longer lost and frightened and purposeless.”

**12 & 12 pg. 105**

***Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.***

### **Step 12 Promises**

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends -- this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

**BB Page 89, Into Action**

If you persist, remarkable things will happen. When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!

**BB Page 100, Into Action**

Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do. People have said we must not go where liquor is served; we must not have it in our homes; we must shun friends who drink; we must avoid moving pictures which show drinking scenes; we must not go into bars; our friends must hide their bottles if we go to their houses; we



mustn't think or be reminded about alcohol at all. Our experience shows that this is not necessarily so.

We meet these conditions every day. An alcoholic who cannot meet them, still has an alcoholic mind; there is something the matter with his spiritual status. **BB Pages 100-101, Working with Others**