

# What Are the 12 Promises of AA?

The 12 promises of AA are as follows:

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 complete the AA program and make a sincere effort will begin to see changes in their lives even before they are halfway done.
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 without alcohol.
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.
4. **We will comprehend the word serenity, and we will know peace.** Addiction can lead to a constant state of inner turmoil. The AA program helps people find a calmness that is rare during active using, and that many addicts have never known in their lives.
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 AA, they often meet people who can identify with and learn from their experiences.
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.
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.
8. **Self-seeking will slip away.** The tunnel vision of focusing only on oneself and drinking usually begins to fade as people work the steps.
9. **Our whole attitude and outlook upon life will change.** AA can shift one's perspective from hopeless to hope. People can begin to imagine a life where they are happy.
10. **Fear of people and of economic insecurity will leave us.** Alcoholics who recover through AA don't feel like they have to hide anymore or worry about how to support their addiction and maintain financial security.
11. **We will intuitively know how to handle situations which used to baffle us.** As the AA member gets deeper into the recovery process, they begin to see situations more clearly and can tap into their inner resources.
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 AA. This higher power, be it God or something else, becomes a guiding force in the person's life.