

The Promises of the AA Big Book

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Step One

1. I was to know happiness, peace and usefulness, in a way of life that is incredibly more wonderful as time passes. (p.8)
2. If he did not work, he would surely drink again, and if he drank, he would surely die. (p. 15)
3. We know that no real alcoholic ever recovers control. (p. 30)
4. No one is too discredited or has sunk too low to be welcomed cordially – if he means business. (p. 161)

Step Two

5. Here was something at work in a human heart which had done the impossible. (p.11)
6. It was only a matter of being willing to believe in a power greater than myself. Nothing more is required of me to make my beginning. (p. 12)
7. Scales of pride and prejudice fell from my eyes. (p. 12)
8. A new world came into view. (p.12)
9. Common sense would thus become uncommon sense. (p.13)
10. But we saw that it really worked in others. (p. 25)
11. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed. (p. 25)
12. The great fact is 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. (p. 25)
13. 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. (p. 25)
14. He has commenced to accomplish those things for us which we could never do by ourselves. (p. 25)
15. A new life has been given us, or if you prefer, "a design for living" that really works. (p. 28)
16. As soon as we were able to lay aside prejudice and express even a willingness to believe in a Power greater than ourselves, we commenced to get results. (p. 46)
17. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built. (p. 47)
18. In the face of collapse and despair, in the face of the total failure of their human resources, they found that a new power, peace, and happiness, and sense of direction flowed into them. (p. 50)
19. Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us. (p. 55)
20. Even so has God restored us all to our right minds. (p. 57)
21. But He has come to all who have honestly sought Him. (p. 57)
22. When we drew near to Him He disclosed Himself to us! (p. 57)
23. There you will find release from care, boredom, and worry. (p. 152)

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- 24. Your imagination will be fired. (p. 152)
- 25. Life will mean something at last. (p. 152)
- 26. The most satisfactory years of your existence lie ahead. (p. 152)
- 27. Great events will come to pass for you and countless others (p. 164)

Step Three

- 28. I would enter upon a new relationship with my creator, that I would have the elements of a new way of life. (p. 13)
- 29. There was a sense of victory, followed by such peace and serenity as I had never known. (p.14)
- 30. There was utter confidence. (p.14)
- 31. More and more we became interested in seeing what we could contribute to life. (p. 63)
- 32. 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. (p. 63)
- 33. We were reborn. (p. 63)
- 34. An effect, sometimes a very great one, was felt at once. (p. 63)

Step Four

- 35. At once, we commence to outgrow fear. (p. 68)
- 36. We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people. (p. 70)

Step Five

- 37. Once we have taken this step, withholding nothing, we are delighted. (p. 75)
- 38. We can look the world in the eye. (p. 75)
- 39. We can be alone at perfect peace and ease. (p. 75)
- 40. Our fears fall from us. (p. 75)
- 41. We begin to feel the nearness of our Creator. (p. 75)
- 42. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. (p. 75)
- 43. The feeling that the drink problem has disappeared will often come strongly. (p. 75)
- 44. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe. (p. 75)

Step Eight

- 45. If our manner is calm, frank, and open, we will be gratified with the result. (p. 78)
- 46. Rarely do we fail to make satisfactory progress. (p. 78)

Step Nine

- 47. If we are painstaking about this phase of our development, we will be amazed before we are halfway through. (p. 83-84)
- 48. We are going to know a new freedom and a new happiness (p. 83-84)

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49. We will comprehend the word serenity and we will know peace. (p. 83-84)
50. Self-seeking will slip away. (p. 83-84)
51. No matter how far down the scale we have gone, we will see how our experience can benefit others. (p. 83-84)
52. That feeling of uselessness and self-pity will disappear. (p. 83-84)
53. We will lose interest in selfish things and gain interest in our fellows. (p. 83-84)
54. Self seeking will slip away. (p. 83-84)
55. Our whole attitude and outlook upon life will change. (p. 83-84)
56. Fear of people and of economic insecurity will leave us. (p. 83-84)
57. We will intuitively know how to handle situations which used to baffle us. (p. 83-84)
58. We will suddenly realize that God is doing for us what we could not do for ourselves. (p. 83-84)
59. They will always materialize if we work for them. (p. 83-84)

Step Ten

60. We have ceased fighting anything or anyone – even alcohol. (p. 84)
61. For by this time sanity will have returned. (p. 84)
62. We will seldom be interested in liquor. (p. 84)
63. If tempted, we recoil from it as from a hot flame. (p. 84)
64. We react sanely and normally, and we will find that this has happened automatically. (p. 84-85)
65. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. (p. 85)
66. We are not fighting it, neither are we avoiding temptation. (p. 85)
67. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. (p. 85)
68. We are neither cocky nor are we afraid. (p. 85)
69. The answers will come if your own house is in order. (p. 164)

Step Eleven

70. We can employ our mental faculties with assurance, for after all God gave us brains to use. (p. 86)
71. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives. (p. 86)
72. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. (p. 87)
73. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. (p. 87)
74. We are then in much less danger of excitement, fear, anger, worry, self-pity or foolish decisions. (p. 87-88)
75. We become much more efficient. (p. 87-88)
76. We do not tire easily, for we are not burning up energy foolishly. (p. 87-88)
77. God will constantly disclose more to you and to us. (p. 164)

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Step Twelve

78. There exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. (p. 17)
79. The tremendous fact for every one of us is that we have discovered a common solution. (p. 17)
80. You can help when no one else can. (p. 89)
81. You can secure their confidence when others fail. (p. 89)
82. Life will take on new meaning. (p. 89)
83. 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. (p. 100)
84. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances. (p. 100)
85. Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do. (p. 100)
86. Keep on the firing line of life with these motives and God will keep you unharmed. (p. 102)
87. If he does not argue about religion, he will make new friends and is sure to find new avenues of usefulness and pleasure. (p. 132)
88. We have recovered, and have been given the power to help others. (p. 132)
89. Among them you will make lifelong friends. (p. 152-153)
90. You will be bound to them with new and wonderful ties. (p. 152-153)
91. You will commence shoulder to shoulder on your common journey. (p. 152-153)
92. You will learn the full meaning of love thy neighbor as thyself. (p. 152-153)
93. Great events will come to pass for you and countless others (Steps 2, 12) (p. 164)

From 'To Wives' & 'The Family Afterward'

94. You will lose the old life, and find one much better. (p. 120)
95. Showing others who suffer how we were given help is the very thing which makes life seem so worth while to us now. Cling to the thought that in, God's hands, the dark past is the greatest possession you have - they key to life and happiness for others. With it you can avert death and misery for them. (p.124)
96. Giving, rather than getting, will become the guiding principle. (p.128)
97. Joy at our release from a lifetime of frustration knew no bounds. (p.128)
98. Nothing will help the man who is off on a tangent so much as the wife who adopts a sane spiritual program, making a better practical use of it. (p. 130)
99. There will be other profound changes in the household. (p. 130)
100. We are sure God wants us to be happy, joyous and free. (p. 133)