

The Twelve Promises

1. We know a new freedom and 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 know peace.
5. We will see how our experiences would benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things.
8. Self-seeking will slip away.
9. Our whole attitude and outlook on life will change.
10. Fear of people and economic insecurity will leave us.
11. We will intuitively know how to handle situations that used to baffle us.
12. We will realize that God is doing for us what we couldn't do for ourselves.

-Woody W., Derived from the AA "Big Book", pp. 83-84.

Note: One will not actually find "Twelve Promises" listed in the Big Book, and these promises are not officially OA Conference Approved, as they represent an individual interpretation of the Big Book. However, many serious students of the Big Book and the Twelve Steps have looked at these pages and found a set of promises, promises of benefits to be derived from earnestly working the Twelve Step Program. There have been a number of interpretations of how these promises should be stated, with the above being one of the more popular interpretations. It would seem obvious that "twelve" is a fitting number with which to present these promises, in honor of the Twelve Steps and Twelve Traditions.