

— TAKING —  
*The Steps*  
— TO —  
**MATERIALIZING  
THE PROMISES**

*If we are  
PAINSTAKING about  
this phase of our development...  
...they will always MATERIALIZE  
if we work for them.*

## THE 12 STEPS OF ALCOHOLICS ANONYMOUS

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. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
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 the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

## THE 12 PROMISES OF ALCOHOLICS ANONYMOUS

1. We will be amazed before we are half-way through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and we will 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 will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

## THE 12 STEPS OF AL-ANON

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. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
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 the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

## THE AL-ANON PROMISES

1. If we willingly surrender ourselves to the spiritual discipline of the 12 steps are lives will be transformed.
  2. We will become mature responsible individuals with a great capacity for joy, fulfillment, and wonder.
  3. Though we may never be perfect continued spiritual progress will reveal to us our enormous potential.
  4. We will discover that we are both worthy of love and loving.
  5. We will love others without losing ourselves and will learn to except love in return.
  6. Our site once clouded and confused will be clear and we will be able to perceive reality and recognize truth.
  7. Courage and fellowship will replace fear we will be able to risk failure to develop new hidden talents.
  8. Our lives no matter how battered and degraded will yield hope to share with others.
  9. We will begin to feel and will come to know the vastness of emotions but We will not be slaves to them.
  10. Our secrets will no longer find us in shame.
  11. As we gain the ability to forgive ourselves our families and the world, our choices will expand.
  12. With dignity we will stand for ourselves but not against our fellows.
  13. Serenity and peace will have meaning for us as we allow our lives and the lives of those we love to flow Day by day with God's ease balance and grace.
  14. No longer terrified we will discover we are free to delight in life's paradox mystery and awe.
  15. We will laugh more.
  16. Fear will be replaced by faith, Gratitude will come naturally as we realize that our higher power is doing for us what we cannot do for ourselves.
- Whatever your problems there are those among us who have had them, too. If you try to keep an open mind you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.

## THE 12 STEPS OF ADULT CHILDREN OF ALCOHOLICS (ACA)

1. We admitted that we were powerless over the effects of living with alcoholism and that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could bring us clarity.
3. We made a decision to practice self-love and to trust a Higher Power of our understanding.
4. We made a searching and blameless inventory of our parents because, in essence, we had become them.
5. We admitted to our Higher Power, to ourselves and to another human being the exact nature of our childhood abandonment.
6. We were entirely ready to begin the healing process with the aid of our Higher Power.
7. We humbly asked our Higher Power to help us with our healing process.
8. We became willing to open ourselves to receive the unconditional love of our Higher Power.
9. We became willing to accept our own unconditional love by understanding that our Higher Power loves us unconditionally.
10. We continued to take personal inventory and to love and approve of ourselves.
11. We sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for knowledge of its will for us and the power to carry it out.
12. We have had a spiritual awakening as a result of taking these steps, and we continue to love ourselves and to practice these principles in all our affairs.

## THE 12 PROMISES OF ADULT CHILDREN OF ALCOHOLICS (ACA)

1. We will discover our real identities by loving and accepting ourselves.
2. Our self-esteem will increase as we give ourselves approval on a daily basis.
3. Fear of authority figures and the need to “people please” will leave us.
4. Our ability to share intimacy will grow inside us.
5. As we face our abandonment issues we will be attracted by strengths and become more tolerant of weaknesses.
6. We will enjoy feeling stable, peaceful, and financially secure.
7. We will learn how to play and have fun in our lives.
8. We will choose to love people who can love and be responsible for themselves.
9. Healthy boundaries and limits will become easier for us to set.
10. Fears of failure and success will leave us and we will intuitively make healthier choices.
11. With help from our ACA support group we will slowly release our dysfunctional behaviors.
12. Gradually, with our Higher Power's help, we learn to expect the best and get it.

## THE 12 STEPS OF CO-DEPENDENTS ANONYMOUS

1. We admitted we were powerless over others—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 lives over to the care of God as we understood God.
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 God to remove our shortcomings.
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 God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other co-dependents, and to practice these principles in all our affairs.

## THE 12 PROMISES OF CO-DEPENDENTS ANONYMOUS

I can expect a miraculous change in my life by working the program of Co-Dependents Anonymous. As I make an honest effort to work the Twelve Steps and follow the Twelve Traditions...

1. I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.
5. I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. I learn that it is possible to mend—to become more loving, intimate and supportive. I have the choice of communicating with my family in a way which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.
11. I trust the guidance I receive from my higher power and come to believe in my own capabilities.
12. I gradually experience serenity, strength, and spiritual growth in my daily life.

## THE 12 STEPS OF EMOTIONS ANONYMOUS

1. We admitted we were powerless over our emotions—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. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
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 the result of these steps, we tried to carry this message and to practice these principles in all our affairs.

## THE 12 PROMISES OF EMOTIONS ANONYMOUS

1. We realize a new freedom and happiness.
  2. We do not regret the past or wish to shut the door on it.
  3. We comprehend the word serenity, and we know peace of mind.
  4. No matter how far down the scale we have gone, we see how our experience can benefit others.
  5. The feelings of uselessness and self-pity lessen.
  6. We have less concern about self and gain interest in others.
  7. Self-seeking slips away.
  8. Our whole attitude and outlook upon life changes.
  9. Our relationships with other people improve.
  10. We intuitively know how to handle situations which used to baffle us.
  11. We acquire a feeling of security within ourselves.
  12. We realize that God is doing for us what we could not do ourselves.
- These may seem like extravagant promises, but they are not. They are being fulfilled among us, sometimes quickly, sometimes slowly.

## THE 12 STEPS OF DEBTORS ANONYMOUS

1. We admitted we were powerless over debt—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. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
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 the result of these steps, we tried to carry this message to compulsive debtors, and to practice these principles in all our affairs.

## THE 12 PROMISES OF DEBTORS ANONYMOUS

In the program of Debtors Anonymous, we come together to share our journey in recovering from compulsive debting. There is hope. In working D.A.'s Twelve Steps, we develop new ways of living. When we work D.A.'s Twelve Steps and use D.A.'s Tools, we begin to receive these gifts of the program:

1. Where once we felt despair, we will experience a newfound hope.
  2. Clarity will replace vagueness. Confidence and intuition will replace confusion and chaos. We will live engaged lives, make decisions that best meet our needs, and become the people we were meant to be.
  3. We will live within our means, yet our means will not define us.
  4. We will begin to live a prosperous life, unencumbered by fear, worry, resentment or debt.
  5. We will realize that we are enough; we will value ourselves and our contributions.
  6. Isolation will give way to fellowship; faith will replace fear.
  7. We will recognize that there is enough; our resources will be generous and we will share them with others and with DA.
  8. We will cease to compare ourselves to others; jealousy and envy will fade.
  9. Acceptance and Gratitude will replace regret, self-pity, and longing.
  10. We will no longer fear the truth; we will move from hiding in denial to living in reality.
  11. Honesty will guide our actions towards a rich life filled with meaning and purpose.
  12. We will recognize a Power Greater than ourselves as the source of our abundance. We realize that God is doing for us what we could not do for ourselves.
- All this and more is possible. When we work this program with integrity and to the best of our ability, one day at a time, a life of prosperity and serenity will be ours.

## THE 12 STEPS OF WORKAHOLICS ANONYMOUS

1. We admitted we were powerless over work—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 God.
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. Became entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
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 God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to workaholics, and to practice these principles in all our affairs.

## THE 12 PROMISES OF WORKAHOLICS ANONYMOUS

If we are completely honest about ourselves and together we use the Twelve Steps of Workaholics Anonymous and the Tools of W.A. in our lives, we will soon begin to receive these gifts of sanity and balance:

1. We are not obsessed by work or plagued by work aversion.
2. Adrenaline seeking loses its hold on us. Excessive worry and anxiety become a thing of the past.
3. We have a daily plan of action that faces the reality of time, priorities, health, and relationships.
4. Fears that there won't be enough time, money, or love leave us.
5. We learn to play and have fun together.
6. We repair broken relationships and form new ones.
7. Health and self-nurturance return.
8. Self-seeking and ego inflation do not drive our decisions.
9. We lose interest in selfish things and gain interest in and compassion for our partners, families, co-workers, and friends.
10. We experience how well the tools of the program help us handle problems which used to confuse and defeat us.
11. We ask for help and reach out to help others.
12. We find that our Higher Power helps us in a way self-reliance never could.