

## THE AL-ANON PROMISES

- If we willingly surrender ourselves to the spiritual discipline of the Twelve Steps, our lives will be transformed. We will become mature, responsible individuals with a great capacity for joy, fulfillment, and wonder.
- Though we may never be perfect, continued spiritual progress will reveal to us our enormous potential. We will discover that we are worthy of love and loving.
- We will love others without losing ourselves, and will learn to accept love in return.
- Our sight, once clouded and confused, will clear and we will be able to perceive reality and recognize truth.
- Courage and fellowship will replace fear.
- We will be able to risk failure to develop new, hidden talents.
- Our lives, no matter how battered and degraded, will yield hope to share with others.
- We will begin to feel and will come to know the vastness of our emotions, but we will not be slaves to them.
- Our secrets will no longer bind us in shame.
- As we gain the ability to forgive ourselves, our families, and the world, our choices will expand.
- With dignity we will stand for ourselves, but not against our fellows.
- 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.
- No longer terrified, we will discover we are free to delight in life's paradox, mystery, and awe.
- We will laugh more.
- Fear will be replaced by faith, and gratitude will come naturally as we realize that our Higher Power is doing for us what we cannot do for ourselves.