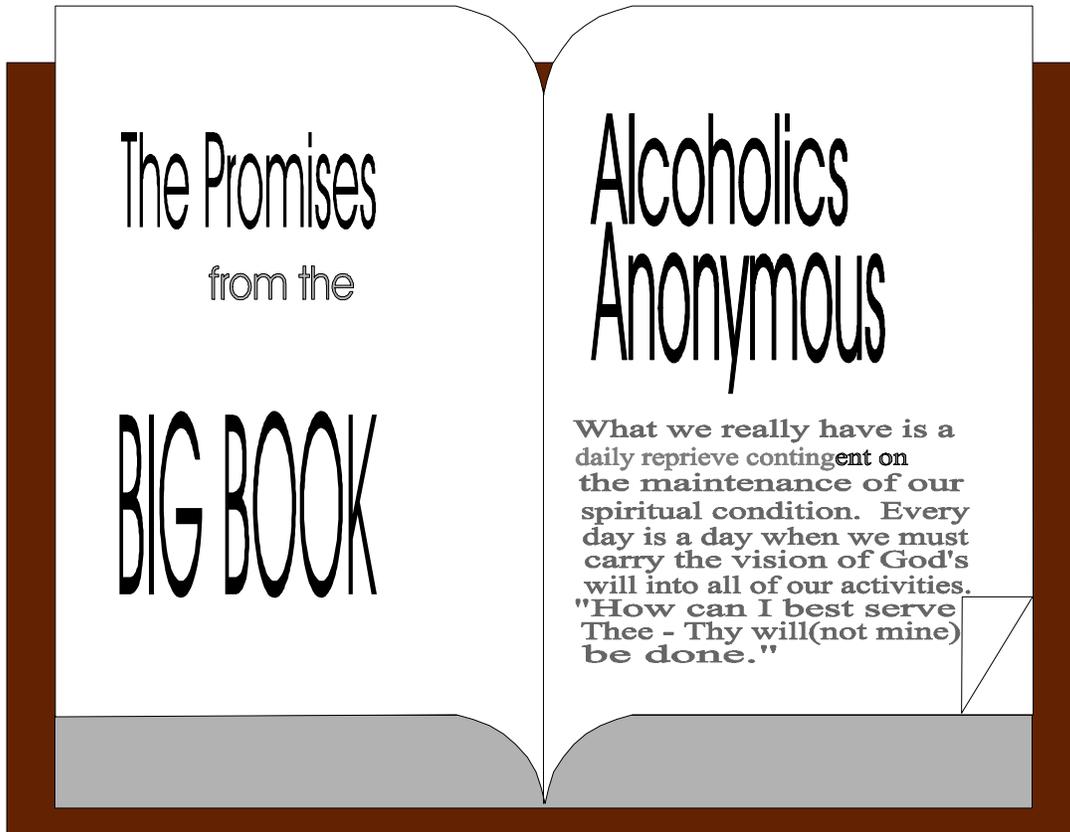


PROMISES' INVENTORY



Promises' Inventory

Some One Hundred And Twenty-Five Promises
From The First 164 Pages of the Big Book Alcoholic Anonymous
Check Out How Many You Have Received

Al Kohallek Goes High-Stepping

PROMISES' INVENTORY

The purpose of this Promises' Inventory is much like the Growth Questionnaire that is to help determine how much change and/or growth you have experienced since coming into the Program. The following are some one hundred and twenty five promises from the first 164 pages of the Big Book, Alcoholics Anonymous, reprinted with permission. Most of us begin to receive some of the promises as soon as we enter a Twelve Step Program. We believe that is useful to remind ourselves of this fact.

Suggested ways of using this inventory: There are four columns on the left-hand side, each time you go through the list of promises you note the ones you have experienced with a check mark. At the top of this first page we have provided a space to place the date of each run. We suggest that you do the first run ASAP. You could make a run on your yearly Program anniversary. Or you could make a run when you get a little down.

Run # 1 ___/___/___ Run # 2 ___/___/___ Run # 3 ___/___/___ Run # 4 ___/___/___

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Page xiii - Foreword to First Edition's Promise

- To show other alcoholics *precisely how we have recovered* is the main purpose of this book. (This promise is a very good reason why we need to study the Big Book)

Page xxvii - Doctor's Promise

-.... once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, *suddenly finds himself easily able to control his desire for alcohol*, the only effort necessary being that [he be] required to follow a few simple rules.

Pages 12 thru 16 - Bill W.'s Realized Promises

Page 12 - It was only a matter of being willing to believe in a Power greater than myself. *Nothing more was required of me to make my beginning. I saw that growth could start from that point.*

Page 13 - Never was I to pray for myself, except as my requests bore on my usefulness to others. *Then only might I expect to receive. But that would be in great measure.*

Page 13 - My friend [Ebby T.] promised when these things were done that I [Bill W.] *Would enter upon a new relationship with my Creator; Would have the elements of a way of living which answers all my problems.*

Page 15 - We commenced to make many *fast friends* and *a fellowship* has grown up among us of which it is *a wonderful thing to feel a part. The joy of living we really have, even under pressure and difficulty.*

Page 16 - Most of us feel we need look no further for *Utopia. We have it with us right here and now.*

Pages 17 thru 28 - Solution Promises

Page 17 - *There is a solution.*

- *Nearly all have recovered.*

- The tremendous fact for every one of us is that *we have discovered a common solution.* We have a way out *on which we can absolutely agree*, and upon which *we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism*

Page 18-19

- But the ex-problem drinker who has found this solution, who is properly armed with facts about himself, *can generally win the entire confidence of another alcoholic in a few hours.* Until such an understanding is reached, little or nothing can be accomplished.

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- *he obviously knows* what he is talking about . . . he is a man with a *real answer* . . . *no attitude of Holier Than Thou* . . . nothing whatever except the *sincere desire to be helpful*;

- . . . there are *no fees* to pay, *no axes to grind*, *no people to please*, *no lectures* to be endured

- After such an approach *many take up their beds and walk again*.

Page 25

- We have *found much of heaven* and we have been *rocketed into a fourth dimension* of existence of which we had *not even dreamed*.

- The great fact is just 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*.

- 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*.

- *He* [our Higher Power] *has commenced to accomplish those things for us, which we could never do by ourselves*.

Page 28

- What seemed at *first a flimsy reed*, has *proved to be the loving and powerful hand of God*.

- A *new life* has been *given us* or, if you prefer, "*a design for living*" that really works.

Page 45 - A Power Promise

- *Lack of power* that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power?

- Well, that's exactly what *this book* is about. Its *main object is to enable you to find a Power greater than yourself which will solve your problem*.

Page 50 - Attitude Promises

- Here are thousands of men and women, worldly indeed. They flatly declare that since they have come to believe in a Power greater than themselves, to take a certain attitude toward that Power, and to do certain simple things, *there has been a revolutionary change in their way of living and thinking*. 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, happiness, and sense of direction flowed into them. This happened soon after they wholeheartedly met a few simple requirements*.

Page 55 - The Great Promise

- We can only clear the ground a bit. If our testimony helps sweep away prejudice, enables you to think honestly, encourages you to search diligently within yourself, then, if you wish, you can join us on the Broad Highway. *With this attitude you cannot fail. The consciousness of your belief is sure to come to you*.

Page 57 - Promise to Agnostics

- He has come to all who have honestly sought Him. *When we drew near to Him He disclosed Himself to us!*

Page 60 - The Basic Promises

- (a) That we were alcoholic and could not manage our own lives.

- (b) That probably no human power could have relieved our alcoholism.

- (c) That *God could and would if He were sought*.

Page 62 -- Keystone Promises

This is the how and the why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life,

God was going to be our *Director*.

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- *He is the Principal*; we are *His agents*.

- *He is the Father* and we are *His children*.

- Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.

Page 63 - Third Step Promises

When we sincerely took such a position, all sorts of remarkable things followed:

- We had a *New employer*.

- Being all-powerful, *He provided* what we needed, *if we kept close to him* and performed His work well.

- We became less and *less interested in ourselves*, our little plans and designs.

- More and more we became *interested in seeing what we could contribute to life*.

- As we felt *new power flow in*, as we enjoyed *new peace of mind*.

- We discovered *we could face life successfully*.

- We became *conscious of His presence*.

- We began to *lose our fear* of today, tomorrow or the hereafter.

- We were *reborn*.

Page 64 - Fourth Step Promise

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease; for we have been not only mentally and physically ill, we have been spiritually sick. *When the spiritual malady is overcome, we straighten out mentally and physically.*

Page 67 - Fourth Step Promise

We avoid retaliation or argument. We wouldn't treat sick people that way. If we do, we destroy our chance of being helpful. We cannot be helpful to all people, but at least *God will show us how to take a kindly and tolerant view of each and every one.*

Page 69 - Fourth Step Promise

. . . we treat sex as we would any other problem. In meditation, we ask God what we should do about each specific matter. *The right answer will come, if we want it. God alone can judge our sex situation.*

Page 70 - Fourth Step Promises

If we have been thorough about our personal inventory, we have written down a lot. We have listed and analyzed our resentments.

- We have begun to *comprehend their futility and their fatality*.

- We have commenced to *see their terrible destructiveness*.

- We have begun to *learn tolerance, patience and good will toward all men, even our enemies*.

- We have listed the people we have hurt by our conduct, and are *willing to straighten out the past if we can*.

Pages 70-71 - Fourth Step Promises

In this book you read again and again that *faith did for us what we could not do for ourselves*. We hope you are convinced now that *God can remove whatever self-will has blocked you off from Him*.

Page 75 - Fifth Step Promises

We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past.

- Once we have taken this step, withholding nothing, *we are delighted*.

- We can *look the world in the eye*.

- We can be *alone at perfect peace and ease*.

- Our *fears fall from us*.

We begin to feel the *nearness of our Creator*.

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- We may have certain spiritual beliefs, but now *we begin to have a spiritual experience.*
- The feeling that the *drink problem has disappeared* will often come strongly.
- We feel we are on the Broad Highway, *walking hand in hand with the Spirit of the Universe.*
- We thank God from the bottom of our heart *that we know Him better.*
- Carefully reading the first five proposals we ask if we have omitted anything, for *we are building an arch through which we shall walk a free man at last.*

Pages 83-84 - Ninth Step Promises

- *As God's people* we stand on our feet; *we don't crawl before anyone.*
- If we are painstaking about this phase of our development, *we will be amazed before we are half way through.*
- We are going to know a *new freedom* and a *new happiness.*
- *We will not regret the past* nor wish to shut the door on it.
- We will *comprehend* the word *serenity* and we will *know peace.*
- No matter how far down the scale we have gone, *we will see how our experience can benefit others.*
- That feeling of *uselessness and self-pity will disappear.*
- We will *lose interest in selfish things* and *gain interest in our fellows.*
- *Self-seeking will slip away.*
- Our *whole attitude* and our look upon life *will change.*
- *Fear of people* and of *economic insecurity will leave us.*
- We will *intuitively know* how to handle situations which used to baffle us.
- We will suddenly *realize that God is doing for us* what we could not do for ourselves.
- Are these extravagant promises? We think not. *They are being fulfilled among us -- sometimes quickly, sometimes slowly.*
- They will *always materialize if* we work for them.

Pages 84-85 - Tenth Step Promises

- We have *ceased fighting* anything or anyone -- even alcohol.
- For by this time *sanity will have returned.*
- We will *seldom be interested in liquor.* If tempted, we recoil from it as from a hot flame.
- We *react sanely and normally*, and we will find that this has happened *automatically.*
- We will see that our *new attitude* toward liquor *has been given us* without any thought or effort on our part. *It just comes!*
- We feel as though we had been placed in a position of neutrality -- *safe and protected.*
- We have not even sworn off. Instead, *the problem has been removed.*
- We are *neither cocky nor are we afraid.*

Page 85 - Tenth Step Promises

If we have carefully followed directions:

- We have begun to sense the flow *of His spirit into us.*
- We have become *God-conscious.*
- We have begun to develop this *vital sixth sense.*

Pages 86-87 - Eleventh Step Promises

- We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.
- Under these conditions we can employ our mental faculties with assurance, for after all *God gave us brains to use.*
 - Our thought-life will be placed on a much higher plane when our **thinking is cleared of wrong motives.**
- We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle.

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- We are often surprised how the ***right answers come*** after we have tried this for a while.
- What used to be the hunch or the occasional ***inspiration gradually becomes a working part of the mind.***

- . . . we find that our thinking will, as time passes, be more and more on the plane of inspiration. ***We come to rely upon it.***

Pages 87-88 - Eleventh Step Promises

As we go through the day, we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "***Thy will be done.***"

- ***We are then in much less danger*** of excitement, fear, anger, worry, self-pity, or foolish decisions.
- We become much ***more efficient.***
- ***We do not tire so easily,*** for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.
- ***It works -- it really does.***

Page 89 - Twelfth Step Promises

- Having had a ***spiritual awakening.***
- Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. ***It works when other activities fail.***
- Life will take on ***new meaning.***
- ***To watch people recover,*** to see them ***help others,*** to watch ***loneliness vanish,*** to see a ***fellowship grow*** up about you, to have a ***host of friends***--this is an experience you must not miss.
- ***Frequent contact*** with newcomers and with each other is ***the bright spot*** of our lives.

Page 98 - Recovery Promise

- Burn the idea into the consciousness of every man that ***he can get well regardless of anyone.*** The only condition is that he trust in God and clean house.

Page 99 - Relationship Promise

If there be divorce or separation, there should be no undue haste for the couple to get together...

- When the time for living together has come, ***it will be apparent to both parties.***
- Let no alcoholic say he ***cannot recover unless*** he has his family back. ***This just isn't so.***

Page 100 - Spiritual Promises

Both you and the new man must walk day by day in the path of spiritual progress. If you persist:

- ***Remarkable*** things will ***happen.***
- 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.***
- ***Follow the dictates of a Higher Power*** and you will presently ***live in a new and wonderful world,*** no matter what your present circumstances!

Page 102 - The Promise of God's Protection

- Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and ***God will keep you unharmed.***

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Page 103 - At Peace Promise

- After all, our problems were of our own making. Bottles were only a symbol. ***Besides, we have stopped fighting anybody or anything. We have to!***

Page 115 - Family & Friends' Promises

When you have carefully explained to such people that he is a sick person:

- ***You will have created a new atmosphere.***
- ***Barriers*** which have sprung up between you and your friends ***will disappear*** with the growth of sympathetic understanding.
- ***You will no longer be self-conscious*** or feel that you must apologize as though your husband [wife] were a weak character.
- Your ***new courage, good nature and lack of self-consciousness will do wonders*** for you socially.

Page 152 - Fellowship Promises

Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous.

- There you will find ***release from care, boredom and worry.***
- Your ***imagination*** will be ***fired.***
- ***Life will mean something*** at last.
- The ***most satisfactory years*** of your existence ***lie ahead.***
- Thus we ***find the fellowship,*** and so will you.

Pages 152-153 - Fellowship Promises - continued

- ***You are going to meet these new friends*** in your own community.
- You will be ***bound to them with new and wonderful ties,*** for you will escape disaster together and you will commence shoulder to shoulder your ***common journey.***
- Then you will know ***what it means to give of yourself that others may survive and re-discover life.***
- You will ***learn the full meaning*** "Love thy neighbor as thyself."
- The age of miracles is still with us. ***Our own recovery proves that!***

Page 164 - Closing Promises

Our book is meant to be suggestive only. We realize we know only a little.

- ***God will constantly disclose more*** to you and to us.
- ***The answers will come,*** if your own house is in order. But obviously you cannot transmit something you haven't got.
- See to it that your relationship with Him is right, and ***great events will come to pass*** for you and countless others. This is the Great Fact for us.
- ***We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.***

May God bless you and keep you – until then.