

The 12 Promises

- 1) We are going to experience a new sense of peace and freedom and a growing capacity for emotional stability and well-being.
- 2) We will no longer be controlled by the past or feel a constant need to escape from it.
- 3) We will develop a clearer understanding of our traumatic history and begin to find meaning and perspective in it.
- 4) We will come to recognize that our experiences can, over time, become a source of insight and, when appropriate, help to others.
- 5) Feelings of worthlessness, shame, and self-blame will begin to diminish.
- 6) We will gradually lose interest in patterns of survival-based thinking centered on fear, control, or self-protection at any cost.
- 7) Our attention and energy will increasingly shift toward healthier connection with others, with life, and our Higher Power.
- 8) The intensity and frequency of fear-based reactions and hyper-vigilance will begin to lessen.
- 9) Our overall outlook on ourselves, others, and the world will begin to change into a more balanced and realistic direction.
- 10) We will develop greater confidence in navigating situations that previously felt overwhelming or threatening.
- 11) We will begin to trust that support is available to us – internally, through our Higher Power, and through the recovery process.
- 12) We will come to understand that healing is possible, even if it unfolds gradually, and that our continued engagement in recovery supports lasting change.

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.