

THE BEDEVILMENTS (page 52)

1. We were having trouble with personal relationships.



We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.

2. We couldn't control our emotional natures.



We will comprehend the word serenity and we know peace.

3. We were a prey to misery and depression.



Our whole attitude and outlook upon life will change.

4. We couldn't make a living.



Fear of people and of economic insecurity will leave us.

5. We had a feeling of uselessness.



That feeling of uselessness and self-pity will disappear.

6. We were full of fear.



We will intuitively know how to handle situations which used to baffle us.

7. We were unhappy.



We are going to know a new freedom and a new happiness.

8. We couldn't seem to be of real help to other people.



No matter how far down the scale we have gone, we will see how your experience can benefit others. We will not regret the past nor wish to shut the door on it.

And, most of all,



We will suddenly realize that God is doing for us what we could not do for ourselves.

***What alcohol did for me (9th Step Promises)....
....BEFORE IT TURNED AGAINST ME.....***

Whenever I took a drink of alcohol I knew ... a new freedom and a new happiness.

Whenever I took a drink of alcohol I did ... not regret the past nor wish to shut the door on it.

Whenever I took a drink of alcohol I would ... comprehend the word serenity and...would know peace.

Whenever I took a drink of alcohol... no matter how far down the scale I had gone, I could see how my experience would benefit others.

Whenever I took a drink of alcohol... that feeling of uselessness and self-pity would disappear.

Whenever I took a drink of alcohol I would ... lose interest in selfish things and gain interest in my fellows.

Whenever I took a drink of alcohol... self-seeking would slip away.

Whenever I took a drink of alcohol.....my whole attitude and outlook upon life would change.

Whenever I took a drink of alcohol.....fear of people and of economic insecurity would leave me.

Whenever I took a drink of alcohol I would ... intuitively know how to handle situations which used to baffle me.

Whenever I took a drink of alcohol I would ... suddenly realize that alcohol was doing for me what I could not do for myself.