

## 12 Promises

- 1 We will get to know a new freedom and a new happiness.
- 2 We want neither to complain about the past nor slam the door behind it.
- 3 We will understand what the word serenity means.
- 4 We will learn by fulfilling our needs with satisfaction, what peace is.
- 5 No matter how deep we sink, we will realize that others can benefit from our experience.
- 6 That feeling of uselessness, differentness and self-pity will disappear.
- 7 Our selfishness will recede into the background, our interest in our fellow men will grow.
- 8 Our selfishness will melt away.
- 9 Our attitude towards life and our expectations will change.
- 10 The fear of people and of economic uncertainty will fade.
- 11 Without too much thinking, we will now deal easier with situations that earlier were difficult for us.
- 12 Suddenly we become aware that a Higher Power helps us achieve what we are not able to do alone.

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