



The TWELVE PROMISES of Families Anonymous

(Adapted from A.A. with permission)

These Promises will come true—sometimes quickly, sometimes gradually—as we study and work the Twelve Steps and practice making them a fundamental part of our lives.

1. We are going to know a freedom from worry and a new happiness.
2. We will not regret the past or wish to shut the door on it.
3. We will comprehend the word *serenity*.
4. We will know peace.
5. No matter what we've been through, we will see how our experiences can benefit others.
6. Those feelings of resentment and self-pity will disappear.
7. We will lose interest in trying to change others, and we will gain an appreciation for those special people in our lives.
8. Self-righteousness will slip away.
9. Our attitudes and our outlook on life will change.
10. Our insecurities and our fear of other people's opinions will leave us.
11. We will intuitively know how to handle situations that used to baffle us.
12. We will come to realize that God is doing for us what we could not do for ourselves.

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