

“The Promises” and Step Ten (from *Alcoholics Anonymous*, page 84)

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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 outlook 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.

This thought brings us to **Step Ten**, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime.

- ▶ Continue to watch for selfishness, dishonesty, resentment, and fear.
- ▶ When these crop up, we ask God at once to remove them.
- ▶ We discuss them with someone immediately and make amends quickly if we have harmed anyone.
- ▶ Then we resolutely turn our thoughts to someone we can help.
 - Love and tolerance of others is our code.

And 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! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. 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. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition.

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe.

- ▶ We are not cured of alcoholism.
- ▶ What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.
- ▶ Every day is a day when we must carry the vision of God's will into all of our activities.
- ▶ "How can I best serve Thee, Thy will (not mine) be done."

These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.

Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power. If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action.

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