

**THE BEDEVILMENTS (page 52)**

**THE PROMISES (page 83)**

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. We will not regret the past nor wish to shut the door on it
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 our experience can benefit others.
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.