



**The 147 Promises of the  
Big Book  
of  
Alcoholics Anonymous**

# *Promises ... Promises 147 of them!*

*That's Good News! That's Hope*

<u>Pg</u>	<u>Line</u>	<u>Promises</u>
XII	4	...who have recovered. To show other alcoholics...(2)
XXVII	11	...find himself easily able to control his desire...
XXX	4	...he is as fine a specimen...
11	20	...raised from the dead...
11	34	...inwardly reorganized. ...different footing. ...best...(3)
13	30	...promised... ...all my problems. (2)
15	18	...design for living that works in rough going.
15	22	...The joy of living...overcome among us (7)
16	10	...vast amount of fun about it all..
16	15	...need look no further for Utopia.
17	5	...recovered. ...Solved the drink problem. ...There exists...(3+)
17	24	...a way out... ...join... ...this is the great news... (3)
25	14	...found much of heaven... ...fourth dimension... ...fact... (3+)
26	32	...free man... .. nor is he confined... ...go anywhere... (3)
28	8	...A new life has been given us...
42	33	...all my problems... more satisfying... (2)
46	26	...we began to be possessed by a new sense of power...
47	17	...he is on his way...wonderfully effective...structure
50	17	...on one proposition...was so unsatisfactory (7)
52	25	...when we saw others solve...the God idea did. (2)
55	23	...If our testimony...you cannot fail. (2)
57	11	...Even so has God restored...to us! (2)
58	3	...Rarely have we seen...path
58	13	...There are those too...recover...honest.
63	2	...When we sincerely...remarkable things followed.
63	7	...As we felt new power...We were reborn. (8)
63	30	...This was only ... at once.
68	27	...At once, we commence to outgrow fear.
75	15	...We can look...Spirit of the Universe. (8)
78	9	...Rarely do we fail to make satisfactory progress.
83	30	...If we are painstaking...do for ourselves (16-19)
84	15	...They will always materialize if we work for them.
84	31	...And we have ceased...fit spiritual condition. (12-15)
85	27	...If we have carefully...His Spirit into us.
86	2	...It works...if we work at it.
86	26	...Our thought-live...wrong motives.
86	31	...Here we ask God...part of the mind. (3)
87	9	...Nevertheless...rely upon it.
87	34	...We constantly...to suit ourselves...it really does. (9)
89	10	...Life will take on new meaning.
93	2	...he has become...how you got well.
95	30	...We have no monopoly...worked with us.
100	6	...Both you and the new...present circumstances. (3)
100	32	...Assuming we are...his spiritual status. (3)
102	21	...Now you are getting back into the social life of this world.
108	15	...Today most of our men...than ever before.
117	18	...You will make mistakes...emerge when they are overcome.
120	5	...You will lose the old life to find one much better.
132	18	...We absolutely insist on enjoying life.
132	27	...So we think cheerfulness...the power to help others. (2)
133	3	...We are sure God wants us to be happy, joyous and free.
133	15	...We who have recovered...miracles of mental health. (2)
134	13	...Some of us had this experience...intimacy than ever.
150	3	...They have a new attitude...from a living death. (2)
152	12	...We have shown how we got out from under.
152	18	...Yes, there is a substitute...and so will you. (7)
153	7	...It may seem incredible...recovery proves that! (2)
156	13	...As we shall see...have been repaired in four.

158 23 ...He never drank again. He too...his community. (?)  
159 13 ...These men...in giving themselves for others. (2)  
162 31 ...Thus we grow...need to begin.  
163 6 ...You forget...much greater than yourself...labor.  
164 18 ...See to it...This is the Great Fact for us.

By our count, I get 147 “promises:”

If “Dr. Bob’s Nightmare” is included the total comes to over 150.

**Trust God**

**Clean House**

**Work With Others**

*Compliments of  
The Atlanta Men's Workshop*

## The Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our consciousness contact with *God as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.