

EDA's 9th Step Promises¹ (EDA Big Book page 185)

If we are painstaking about this phase of our development, we will 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 we have fallen, 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 see that our service to God, our Higher Power, or the greater good has done for us what seemed humanly impossible.

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.

¹ *Alcoholics Anonymous*. (2001) New York, NY: AA World Services, Inc., 83-84. Substituting “we have fallen” for a phrase that is inappropriate for the current context, and substituting “service to God, our Higher Power, or the greater good” in place of language that is less inclusive