

## **ALCOHOLICS ANONYMOUS PROMISES: AFFIRMATION and MOTIVATION, Part Two.**

An Alcoholics Anonymous “Big Book” Workshop

“Threads of Recovery” on Zoom at 10 am ct October 24 and October 31, 2025

Facilitator: Bill H., St. Louis, MO.

(All page numbers cited are from Alcoholics Anonymous, Fourth Edition, unless otherwise cited)

As we travel our “path” of spiritual awakening, learning *from*, and learning to live *with*, the Twelve Steps of our spiritual awakening, we sometimes get tired or have doubts.

As on any long journey, we periodically need *affirmation* that we are following the right path. We need *motivation* to continue the journey.

As we progress on our path of spiritual recovery, the “Big Book” Alcoholics Anonymous gives us “promise pauses” along our way to *affirm* our work and *motivate* us to continue to “trudge the Road of Happy Destiny”.

A *promise* is a declaration or assurance that a particular thing will happen,  
i. e., “... find a Power greater than yourself which will solve your problem.” (p. 45)

The promises in our Twelve Steps combine *affirmation* with *motivation*:

*Affirmation*. Positive statements to thwart negative feelings, thoughts and situations.

*Motivation*. Fuel our desire to choose to pray and *act* in service of our spiritual purpose.

This Big Book study focuses on six sets of promises in the book:

The Promises of Steps One, Two and Three — p. 63.

The Promises of Steps Four and Five — p. 75.

The Promises of Steps Six through Nine — pp. 83-84.

The Promises of Step Ten — pp. 84-85.

The Promises of Step Eleven — pp. 86-88

The Promises of Steps One through Twelve — pp. 89-164.

These are not the only promises in our spiritual awakening. The first sentence in the book is a promise of sorts: “We, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body.” (p. xiii)

These promises are not absolutes or entitlements . Our active participation is required.

Yet these six sets of promises are powerful examples of how our Alcoholics Anonymous continues to *affirm* that we are indeed on “our path”, and to *motivate* us to continue to seek and try to enlarge our spiritual life—to grow our spiritual awakening—one day at a time.

.....  
In Steps One through Nine, we experience the *affirmation* and *motivation* of the promises associated with these nine steps. We enter “the world of the Spirit” (p. 84).

In Steps Ten, Eleven and Twelve, we *continue* to experience the *affirmation* and *motivation* of more promises. We learn how to continue to live “in the world of the Spirit”.

### **THE PROMISES OF STEP TEN, pp. 84-85.**

AFFIRMATION (Positive statements to thwart negativity):

“We have entered the world of the Spirit.”

“And we have ceased fighting anything or anyone—even alcohol.”

“... sanity will have returned ... seldom be interested in liquor ... recoil from it ...”

“... react sanely and normally ... position of neutrality ... problem has been removed.”

MOTIVATION (Desire to *pray* and *act* in service of our spiritual purpose):

“This is how we react so long as we keep in fit spiritual condition.”

“... not cured of alcoholism ... daily reprieve ... maintenance of our spiritual condition.”

“How can I best serve [God]—[God’s] will (not mine) be done.”

## **ALCOHOLICS ANONYMOUS PROMISES: AFFIRMATION and MOTIVATION, Part Two.**

An Alcoholics Anonymous “Big Book” Workshop

“Threads of Recovery” on Zoom at 10 am ct October 24 and October 31, 2025

Facilitator: Bill H., St. Louis, MO.

(All page numbers cited are from Alcoholics Anonymous, Fourth Edition, unless otherwise cited)

### **THE PROMISES OF STEP ELEVEN, pp. 86-88.**

#### **AFFIRMATION (Positive statements to thwart negativity):**

“... prayer and meditation ... works, if we have the proper attitude and work at it.”

“... inspiration gradually becomes a working part of the mind.”

“... thinking ... more and more on the plane of inspiration. We come to rely upon it.”

“We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions.”

“We become much more efficient.”

“We do not tire so easily ...”

“It works—it really does!”

#### **MOTIVATION (Desire to *pray* and *act* in service to our spiritual purpose):**

“... we can employ our mental faculties with assurance ...”

“Our thought life will be placed on a much higher plane when our thinking is cleared of wrong motives.”

“... the right answers come after we have tried this for a while.”

“We constantly remind ourselves we are no longer running the show ...”

“... for we are not burning up energy foolishly as we were when we were trying to arrange life to suit ourselves.”

### **THE PROMISES OF STEP TWELVE, pp. 89-164.**

#### **AFFIRMATION (Positive statements to thwart negativity):**

“Life will take on new meaning ... watch people recover ... see them help others ... watch loneliness vanish ... fellowship grow up about you ... a host of friends ...” (p. 89)

“Keep on the firing line of life with these motives and God will keep you unharmed.” (p. 102)

“... [God] can solve your problems, too.” (p. 116)

“Patience, tolerance, understanding and love ... will be reflected back at you ...” (p. 118)

“... a growing conscious of the power of God in our lives.” (p. 130)

“Your understanding treatment of their cases will pay dividends.” (p. 141)

“... substitute [for liquor] ... a fellowship in Alcoholics Anonymous.” (p. 152)

“... happiness they found in giving themselves for others.” (p. 159)

“... here was haven at last.” (p. 160)

#### **MOTIVATION (Desire to *pray* and *act* in service to our spiritual purpose):**

“... insure immunity from drinking as intensive work with other alcoholics.” (p. 89)

“You can help when no one else can ... secure their confidence when others fail.” “

“... day by day in the path of spiritual progress ... remarkable things will happen ...” (p. 100)

“... no situation is too difficult and no unhappiness too great to be overcome.” (p. 104)

“... adopt a spiritual way of life their way will be smoother.” (p. 114)

“... without recovery we would have lost both home and business.” (p. 143)

“... escape disaster together ... common journey ... give of yourself ...” (p. 153)

“... gave his life to the care and direction of his Creator ... spiritual experience.” (p. 158)

“[God] will show you how to create the fellowship you crave.” (p. 164)

“God will constantly disclose more ... as you trudge the Road of Happy Destiny.” “

.....  
*The Twelve Steps of Alcoholics Anonymous contain “promise pauses” to **affirm** us and **motivate** us to continue to seek and try, each day, to enlarge our spiritual life—to live and grow in the world of the Spirit. These promises are not absolutes, or guarantees. Yet, “they will always materialize if we work for them”.*