



Al-Anon Family Group

(Your Group Name Here)

The Twelve Promises



1. We will know a new Freedom and a new Happiness!
2. We will not Regret the Past nor wish to Shut the door on it!
3. We will comprehend the word SERENITY!
4. We will know Peace!
5. We will see how our Experience would Benefit Others!
6. That feeling of Uselessness and Self-pity will disappear!
7. **We** will lose interest in Selfish Things!
8. Self-seeking will slip away!
9. Our whole Attitude and Outlook on life will change!
10. Fear of People and Economic Insecurity will leave us!
11. We will intuitively know how to handle situations which used to baffle us!
12. We will suddenly realize that God is doing for us what we couldn't do for ourselves!

