

Promises

The Promises ©1986 S.L.A.A. pp. 95-96
(with permission from Augustine Fellowship, Sex and Love Addicts Anonymous, F.W.S. Inc.)

Now we were truly feeling some sense of deep release from the past! We were free of much guilt for our misdeeds, from the shame of having fallen short of our inner values. In many instances, the values we had thought were ours had turned out to be someone else's. We had shed or changed these to allow the seeds of our own PERSONAL wholeness to take root and grow.

We were indeed living new, positive, unfolding lives. Whether in partnership with others or in solitude, we had truly been granted a spiritual release from our sex and love addiction. While vigilance was still important, the choices we had to make now seemed easier. We felt increasing confidence in our developing partnership with God, and were full participants in the fellowship of S.L.A.A. We enjoyed solitude and were unafraid of honesty and openness with others. We could comprehend what it means to have dignity of self.

The Promises ©1939 Alcoholics Anonymous pp. 83-84. Reprinted with permission of A.A. World Services, Inc.

- If we are painstaking about this phase of our development, we will be amazed before we are half way through.
- 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.
- We will comprehend the word serenity and we will know peace.
- No matter how far down the scale we have gone, 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 suddenly realise that God is doing for us what we could not do for ourselves.
- 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.