AA Promises Worksheet

Explore and personalize the promises

Printable worksheet · 3 parts

Name _____ Date _____

The Recovery Files

The AA Promises

A Journey of Reading, Self-Assessment & Growth

Embrace • Empower • Evolve

If You Need Support

This worksheet may bring up difficult emotions. If you're struggling, please reach out:

SAMHSA National Helpline: 1-800-662-4357 (24/7, free, confidential)

Crisis Text Line: Text HOME to 741741

988 Suicide & Crisis Lifeline: Call or text 988

You can also reach out to your sponsor, counselor, or a trusted member of your recovery community.

The Recovery Files — Embrace, Empower & Evolve

Created for individuals in substance use disorder recovery

This worksheet is not a substitute for professional treatment

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- Part 3 · Summary & Reflections

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PART 1 OF 3

Introduction

The Promises of Recovery

Found in Chapter 6 — "Into Action" — of the Big Book of Alcoholics Anonymous

"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.
- 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 realize 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."

— Alcoholics Anonymous, 4th Edition, pp. 83–84

Understanding the Promises

The Promises appear in the Big Book immediately following the discussion of Steps 8 and 9—the amends process. This placement is intentional. The authors understood that the deepest transformation happens not through thinking about recovery, but through taking action. The Promises are the fruit of that action.

These words speak directly to the regret, fear, shame, and loneliness that many of us carry in addiction and into early recovery. They also hint at a life of peace, purpose, and connection—available to us by committing to the Twelve Step path of recovery. They are not goals to be achieved through willpower; they are gifts that materialize when we do the work.

Notice the language: "sometimes quickly, sometimes slowly." Recovery is not a race. Each promise unfolds in its own time, and the experience is different for everyone. Some of us grasp serenity before we lose self-pity. Some of us find purpose before we find peace. There is no right order, no required timeline, no scoreboard. There is only the honest, ongoing commitment to recovery.

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This worksheet is designed to help you engage with each promise through three lenses: Where I Was (in active addiction), Where I Am (in recovery today), and Where I'm Going (the life recovery is building). For each promise, you'll read educational content, rate your current progress, reflect on your growth, and set meaningful goals.

How to Use This Worksheet

Take your time. You don't need to complete this in one sitting. Many people work through one promise per week, using each as a focus for meetings, sponsor conversations, and personal reflection.

Be honest. This worksheet is for you. The value comes from honesty, not from writing "the right answer." If a promise feels distant or impossible, say so. That's where the growth begins.

Read each section carefully. Each promise includes educational reading with four perspectives: what it means, how it showed up in addiction, how it manifests in recovery, and a clinical insight.

Rate honestly. The 1–5 scale is a snapshot, not a judgment. It helps you see where you are and where there's room to grow.

Revisit regularly. Your relationship with the Promises will deepen over time. Consider returning to this worksheet at milestones—30 days, 90 days, 6 months, one year—to witness your own transformation.

Before You Begin

In your own words, what do the Promises mean to you right now? What hopes or fears come up as you prepare to explore them?

Write freely about where you are as you begin this journey...

On a scale of 1–10, how confident are you right now that these Promises can become real in your life?

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

○ Begin Exploring the 12 Promises

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PART 2 OF 3

The 12 Promises

The Twelve Promises

0/12 explored • Tap any promise to begin

PROMISE 1 A New Freedom and a New Happiness

"We are going to know a new freedom and a new happiness."

— Alcoholics Anonymous, pp. 83–84

Understanding This Promise

PROMISE 2 No Regret for the Past

"We will not regret the past nor wish to shut the door on it."

— Alcoholics Anonymous, pp. 83–84

Understanding This Promise

PROMISE 3 Comprehending Serenity

"We will comprehend the word serenity."

— Alcoholics Anonymous, pp. 83–84

Understanding This Promise

PROMISE 4 Knowing Peace

"We will know peace."

— Alcoholics Anonymous, pp. 83–84

Understanding This Promise

PROMISE 5 Our Experience Benefits Others

"No matter how far down the scale we have gone, we will see how our experience can benefit others."

— Alcoholics Anonymous, pp. 83–84

Understanding This Promise

PROMISE 6 Uselessness and Self-Pity Disappear

"That feeling of uselessness and self-pity will disappear."

— Alcoholics Anonymous, pp. 83–84

Understanding This Promise

PROMISE 7 Interest in Our Fellows

"We will lose interest in selfish things and gain interest in our fellows."

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— Alcoholics Anonymous, pp. 83–84

Understanding This Promise

PROMISE 8 Self-Seeking Slips Away

"Self-seeking will slip away."

— Alcoholics Anonymous, pp. 83–84

Understanding This Promise

PROMISE 9 A Changed Attitude and Outlook

"Our whole attitude and outlook upon life will change."

— Alcoholics Anonymous, pp. 83–84

Understanding This Promise

PROMISE 10 Fear Leaves Us

"Fear of people and of economic insecurity will leave us."

— Alcoholics Anonymous, pp. 83–84

Understanding This Promise

PROMISE 11 Intuitive Knowledge

"We will intuitively know how to handle situations which used to baffle us."

— Alcoholics Anonymous, pp. 83–84

Understanding This Promise

PROMISE 12 God Doing for Us

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PART 3 OF 3

Summary & Reflections

0/12

Promises Explored

Average Rating

Progress by Promise

1. A New Freedom and a New Happiness—

2. No Regret for the Past—

3. Comprehending Serenity—

4. Knowing Peace—

5. Our Experience Benefits Others—

6. Uselessness and Self-Pity Disappear—

7. Interest in Our Fellows—

8. Self-Seeking Slips Away—

9. A Changed Attitude and Outlook—

10. Fear Leaves Us—

11. Intuitive Knowledge—

12. God Doing for Us—

Final Reflections

Looking at all 12 Promises together, how would you describe your overall growth in recovery?

Which Promise has been the biggest challenge for you, and why?

Write about your biggest challenge...

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What are you most grateful for in your recovery journey so far?

Express your gratitude...

Write a commitment statement to yourself about continuing to work toward the fulfillment of these Promises.

I commit to...

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