
If we want to cease maintaining our spiritual condition, we will be amazed before we are halfway through.

1. We will know a new misery and lack of energy in life.
 2. We will comprehend the word chaos and live in it.
 3. We will fear the past.
 4. We will regret what we have done.
 5. No matter how far down the road of sobriety we have gone, we will see that it is all for naught.
 6. That feeling of uselessness and self-pity will return.
 7. We will be baffled by even simple problems.
 8. Self-seeking will return with a profound sense of being alone in the world.
 9. We will find that we have qualified freedom and marginal happiness.
 10. As we focus more and more on ourselves, we will more frequently feel self-pity and uselessness.
 11. We will come to believe that God does not exist, or that He does not care.
 12. These promises will be fulfilled among us - sometimes quickly, sometimes slowly.
- They will always materialize, if we don't continue maintenance of our spiritual condition

Whenever I took a drink of alcohol I knew a new freedom and a new happiness,

Whenever I took a drink of alcohol I did not regret the past, nor wish to shut the door on it,

Whenever I took a drink of alcohol I would comprehend the word serenity, and...

...I would know peace.

Whenever I took a drink of alcohol no matter how far down the scale I had gone, I would see how my experiences could benefit others.

Whenever I took a drink of alcohol that feeling of uselessness and self-pity would disappear.

Whenever I took a drink of alcohol I would lose interest in selfish things and gain interest in my fellows.

Whenever I took a drink of alcohol self-seeking would slip away.

Whenever I took a drink of alcohol my whole attitude and outlook upon life would change.

Whenever I took a drink of alcohol fear of people and economic insecurity would leave me.

Whenever I took a drink of alcohol I would intuitively know how to handle situations which used to baffle me.

Whenever I took a drink of alcohol I would suddenly realise that God alcohol was doing for me what I could not do for myself.

Kelley

Bob D. McCombe

The Promises in Reverse

If we are NOT painstaking about this phase of our development, we will be drunk before we leave the parking lot.

We are going to know a new pain and a new misery.

We will regret our deeds and repeat them over and over.

We will comprehend the word chaos and we will know calamity. No matter how far down the road we stagger, we will still wonder where we are going.

That feeling of uselessness and self-pity will intensify.

We will lose interesting things and gain relations with strange fellows.

Self-seeking will be constant.

Our whole attitude will be on the lookout for the cops.

Fear of people and economic insecurity will leave us - homeless. We will intuitively know how to stay drunk with little or no money. We will suddenly begin to think that God does not exist.

Are these extravagant promises?

Probably not.

They are being practiced daily, sometimes insanely, sometimes deadly.

They will continue to happen if we keep drinking.