

A Big Book Checklist of Promises (What Step are you on?)

Steps One and Two:

Is it clear to me that I am an alcoholic and cannot manage my own life?
Is it clear that no human power can relieve my alcoholism?
Is it clear that God can and will relieve my alcoholism if I seek God?

After Step Three:

Was an effect, even a very great one, felt at once?

After Step Four:

Have I written down a lot?
Have I listed and analyzed my resentments?
Have I begun to comprehend the futility and fatality of my resentments?
Have I begun to learn tolerance, patience, and good will toward all men, even my enemies?
Do I look on my enemies as perhaps spiritually sick people?
Have I listed the people I hurt by my conduct and am I willing to straighten out the past if I can?
Am I convinced that God can remove whatever self-will has blocked me off from Him?
Have I swallowed and digested some big chunks of truth about myself?

After Step Five:

Am I delighted?
Can I look the world in the eye?
Can I be alone at perfect peace and ease?
Have my fears fallen from me?
Have I begun to feel the nearness of my Creator?
Am I beginning to have a spiritual experience?
Has the eating problem disappeared (not always)?
Do I feel as if I am on the Broad Highway, walking hand in hand with the Spirit of the Universe?
Is my work solid so far?
Are the stones properly in place? Have I skimmed on the cement put into the foundation?
Have I tried to make mortar without sand?

Before half-way through Step Nine (the Promises):

Do I know a new freedom and a new happiness?
Do I not regret the past nor wish to shut the door on it?
Do I comprehend the word serenity and do I know peace?
Do I see how my experience can benefit others, no matter how far down the scale I have gone?
Has that feeling of uselessness and self-pity disappeared?
Have I lost interest in selfish things and gained interest in my fellows?
Has self-seeking slipped away?
Has my whole attitude and outlook upon life changed?
Has fear of people and of economic insecurity left me?
Do I intuitively know how to handle situations which used to baffle me?
Have I suddenly realized that God is doing for me what I could not do for myself?

After Step Nine:

Have I ceased fighting anything or any one—even alcohol?
Has sanity returned?
Am I seldom interested in alcohol?
If tempted by food, do I recoil from it as from a hot flame.
Am I reacting sanely and normally, and has this happened automatically?
Do I feel as though I had been placed in a position of neutrality, safe and protected?
Has the problem been removed? Has it ceased to exist for me?
Am I neither cocky nor afraid?

After Step Ten:

Have I begun to sense the flow of His Spirit into me?
Have I to some extent become God conscious? Have I begun to develop this vital sixth sense?

After Step Eleven:

Am I surprised how the right answers have come when I have tried to relax, take it easy, and wait for God's inspiration, intuitive thought, or decision.

Has what used to be the hunch or the occasional inspiration gradually become a working part of the mind?

As time passes, is my thinking more and more on the plane of inspiration?

Am I in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions?

Have I become much more efficient?

Do I not tire so easily?

After Step Twelve

Has life taken on a new meaning?

Do I not want to miss the opportunity to watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends?

Have remarkable things happened?

Am I presently living in a new and wonderful world, no matter what my present circumstances?

Can I do all sorts of things alcoholics are not supposed to do?

Can I go where my killer - alcohol is served; can I have my killer – alcohol in my home; do I see friends who drink my killer - alcohol; do I watch movies or television which show scenes of drinking my killer – alcohol; do I go to restaurants which serve my killer - alcohol; do my friends no longer have to hide their supply of my killer - alcohol when I visit them; can I be reminded of my killer - alcohol?

Have I found release from care, boredom and worry?

Has my imagination been fired?

Does life mean something at last?

Do I know what it means to give of myself that others may survive and rediscover life?

Have I learned the full meaning of "Love thy neighbor as thyself"?

Has God shown me how to create the fellowship I crave?

Have great events come to pass for me and countless others?

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