

# How the Twelve Promises Appear In Our Lives

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## First: What the Promises Don't Promise

What the Promises don't promise: **More**...happiness...wealth...significant others...better job...perfection; in other words, only the circumstances which I find favorable or comfortable. As long as I have an agenda, or wanting the ever popular **more**, I'll keep thinking the Promises will give me more, happiness, wealth, significant others, better employ, or a perfect life. My best thinking did give me the poor perception of my circumstances as being not enough, which contributed to my feeling of my being not enough. So, what I can expect? I can expect a miraculous change that is a shift in my perception about my own healing. What I receive from the Promises is a healing of myself, not the healing of others. The shift in perception, usually the casting off of denial, then allows me to be in acceptance of my circumstances. When this acceptance becomes more complete, the Promises blossom even more. So more becomes less, and less becomes more.

## Second: I Can't Work the Promises, nor Can I Follow Them

If you are to ask some of the following questions of yourself, **please, please, please** do this in a loving way. I know that asking these kinds of questions of myself (or having a sponsor ask them) only worked when I had the gentle and loving realization that I was not always going to be the "flaming" co-dependent that had first walked into the doors of Co-Dependents Anonymous. Remember, these Promises "... are being fulfilled among us - sometimes quickly, sometimes slowly. They will materialize if we work for them." For me, that has been, and is still, working the Twelve Steps of CoDA.

**Promise 1-** Is this new sense of belonging from an inward focus and not on the laser beam focus I have on others?

**Promise 2-** Are my fears from a belief that I am separated from my Higher Power? Can the committee function if it has become integrated, allowing me to act with dignity? Am I afraid of the committee, doing anything to distract myself from it? Am I using television, entertainment, drama, radio, reading, working, or other addictions?

**Promise 3-** Am I detaching from the opinions of others? Is it possible to let my Higher Power also be my sponsor? What are the constraints of this new freedom? Is it physical freedom? Is it psychological freedom? Is it emotional freedom? Is it spiritual freedom? When I see someone I "think" has better recovery, is it possible that I am seeing this freedom in them? Does my seeing recovery in others come from a part of me that already has some of that recovery? Is this freedom like that of a small, possibly playful, child? Does this new freedom allow my feelings to go through me, rather than me clinging to them?

**Promise 4-** Does this awareness allow me to see that my whole life, up to now, is now absolutely unchangeable? And if this is so, is anything more

than acceptance necessary? Does this awareness allow me the detachment that allows me to make different choices, rather than the unhealthy choices I have made in the past? Isn't this what the Twelve Steps leads us to?

**Promise 5-** When are the times that I can sense or feel that I am loveable, loving and loved? Is it during meditation? Is it during a walk? While in nature? Do I now choose to move in a direction that allows me to feel loveable, loving, and loved?

**Promise 6-** Weren't all my previous relationships with equal partners? If I can truly admit this, can this help me in working, or reworking, Step Four through Step Nine? Can I see my equality to everything around me? Am I stopping the way I train others to treat me?

**Promise 7-** Has it become easier for me to watch others do it on their own; maybe even struggle? Have I lost any, some or most of my defensiveness? Have I moved into "being true to myself" enough to trust myself? And when I trust myself, does that allow me to sense or detect the trustworthiness of others? Have I stopped telling anyone (and I mean anyone) my entire "life story" in ten minutes or less? Can I now tell my deepest secrets without shame, to someone who is trustworthy, perhaps my sponsor?

*"How the Twelve Promises Appear in Our Lives" – A 2017 SoCalCoDA Conference Workshop –*

All material came from insights while reading the CoDA Blue Book and other CoDA literature, and listening to experience, strength and hope through others' shares at CoDA meetings. A PDF of this document is available via email inquiry to [AGMWAH@yahoo.com](mailto:AGMWAH@yahoo.com)

**Promise 8-** Am I detached from enmeshment of my family of origin? Are there areas of my family story that still need addressing, especially around people pleasing? Enabling? Playing victim or perpetrator, or both? Is it possible to see my family of origin, as though meeting, seeing or hearing them for the first time? Can I do this in all my other relationships?

**Promise 9-** Can I see the miracle of my own breath and heartbeat? Am I a reflection of all the other precious creations around me, and throughout the universe?

**Promise 10-** Are the new and renewed

relationships in my life supportive of me having my own sense of worth? Have some of the old relationships faded away or possibly been torn away? Am I more comfortable in my own body, even when this body hurts?

**Promise 11-** Do I need others to acknowledge my capabilities?

**Promise 12-** At first, did I have "relief" when going to meetings and sharing? Is that turning into "recovery?" Do I always know when a Power greater than myself removed some of my pain and suffering, and the replacement was Joy, Peace, Serenity, or Love?

If my body occupies only a small space here, and that space is insignificant to the blue marble that is a mere speck in our solar system, which is tiny compared to our galaxy, which again is a dot in the entire cosmos, how did my mind get to feel SO self-important?

Does my continual outward focus and seeking create the addiction to others? If I turn my focus inward, by doing Step Eleven, would I finally become that which I was seeking?

What would happen if I stopped "re-living" the "me as a victim" stories that I have about my parents, old relationships (either good or bad), my siblings, or even how I relive the stories of my own self-abuses? What would I need to do to start only "re-telling" these stories, and removing the drama, versus the addictive "re-living" of them?

How many "stories" did I have when I was born (I personally had zero)? How many "stories" have I collected and not let go of as I have grown older? Is it possible that the number of my "stories" is directly proportional to my lack of sanity? If I considered my "stories" as less important (detached from them by doing Steps 4 through 9), might I be restored to the sanity I knew as a small child?

Do the Twelve Steps move me along the path to self-forgiveness? Can the Promises be taught, or can they only be caught?

### **Third: Other Observations or Possible Ramblings**

My abandoning or loss of a Higher Power was really an abandonment of others' ideas of a Higher Power.

I found the 12 Steps and 12 Traditions became a new framework to "live life" and not merely "survive life."

I started taking long walks on the beach, letting all the toxic stuff come up, and letting it out; with lots of tears and snot.

I learn by watching others grapple with their circumstances, and their inability to ask others for help; I now ask, and allow, others to assist me.

I stop focusing on the outcomes, and look for healthy relationships.

When I was working my Program, I realized the feelings around my tears were more about joy for being in a place of recovery, happiness like finally being home. These feelings were not about loss or sadness. It was just my silly mind that "thought" that all my tears must be about negative feelings.

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