

# **Rageaholics Anonymous**

## **12 Promises**

- 1. We realize a new freedom and happiness.**
- 2. We do not regret the past or wish to shut the door on it.**
- 3. We comprehend the word serenity, and we know peace of mind.**
- 4. No matter how far down the scale we have gone, we see how our experience can benefit others.**
- 5. The feelings of uselessness and self-pity lessen.**
- 6. We have less concern about self and gain interest in others.**
- 7. Self-seeking slips away.**
- 8. Our whole attitude and outlook upon life changes.**
- 9. Our relationships with other people improve.**
- 10. We intuitively know how to handle situations which used to baffle us.**
- 11. We acquire a feeling of security within ourselves.**
- 12. We realize that God is doing for us what we could not do 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.**