

## Twelve Promises of ISA

We know from our own commitment to recovery and our experience in using the ISA tools, that our lives will be transformed. We will begin to experience these promises and see these miracles come true in our lives.

Having had a spiritual awakening as a result of working the ISA 12-step program,

- We will know a new freedom, and we will experience joyful living.
- We will not regret the past nor wish to shut the door on it.
- We will know peace, serenity and a genuine connection to ourselves and others.
- We will see how our experience can make a difference in the lives of others.
- Our lives will be purposeful, and we will grow in self-esteem and self-appreciation.
- We will gain a healthy interest in our own lives and give to others from a place of fullness within.
- Our whole attitude and outlook on life will change.
- Fear of people and economic insecurity will leave us.
- We will grow to trust ourselves and learn how to develop relationships with trustworthy people.
- A healthy sense of fear will guide us in unsafe situations, we will learn to trust our intuition, and our self-confidence will grow.
- We will intuitively know how to handle situations that used to baffle us.
- We will suddenly realize that our Higher Power is doing for us what we could not do for ourselves.