

10th Step Promises

And we have ceased fighting anything or anyone – even heroin (alcohol). For by this time sanity will have returned. We will seldom be interested in heroin (liquor). If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward heroin (liquor) has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality – safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

pp. 84-85 Alcoholics Anonymous

