

# THE REWARDS

1. Hope instead of desperation
2. Faith instead of despair
3. Courage instead of fear
4. Peace of mind instead of confusion
5. Self-respect instead of self contempt
6. Self-confidence instead of helplessness
7. The respect of others instead of their pity and contempt
8. A clean conscience instead of a sense of guilt
9. Real friendships instead of loneliness
10. A clean pattern of living instead of a hopeless existence
11. The love and understanding of our families instead of their doubts and fears
12. The freedom of a happy life instead of the bondage of an alcoholic obsession