

- Easy Does It
- First Things First
- Mind Your Own Business
- How Important Is It?
- Just For Today
- Keep An Open Mind
- Keep It Simple
- Let Go and Let God
- Let It Begin With Me
- Listen and Learn
- Live and Let Live
- One Day at a Time
- Breathe in. Breathe out. REPEAT.
- Take what you like and leave the rest
- God is "Good Orderly Direction"
- KISS - Keep it Simple, Sweetie
- Keep Coming Back
- Be Blessed
- SERENITY NOW
- But for the grace of God
- Think think think
- Act "As If."
- There are no "victims," only volunteers.
- This Too Shall Pass.
- Expect Miracles.
- If it's working, don't fix it.
- Keep coming' back, it works if you work it.
- Stick with the winners.
- Keep on truckin'
- Life is a journey, not a destination,
- To thine own self be true
- I came; I came to; I came to believe (steps 1,2,3)
- Live in the NOW
- If God seems far away, who moved?
- Turn it over
- Altered Attitudes
- We are only as sick as our secrets.
- There are no coincidences here.
- Be part of the solution, not the problem.
- Sponsors: have one use one be one.
- I can't handle it, God; you take over.
- PROGRESS IS MADE ONE DAY AT A TIME
- Turn your "dis-ease" to a sense of ease.
- Picture yourself "recovered."
- Use the telephone.
- I AM GRATEFUL.
- Get off the "pity pot."
- Garbage in, garbage out - dump yours out regularly.
- PRACTICE RIGOROUS HONESTY
- Be Kind to Yourself
- Gratitude is in the attitude.
- Cultivate patience
- All is perfect, whole and complete.
- Feelings are not facts.
- Right place, right time
- Share experience, strength and hope
- I love and approve of myself
- Change the thought, and the feeling must go.
- It works it really does ! (page 88,line 8 in the big book)
- Willingness is the key.
- More will be revealed.
- You will intuitively know.
- You will be amazed.
- Go for it
- Do it clean
- Clean n' crazy
- Pass it on
- You either are or you aren't
- Before you say I can't, say I'll try.
- Don't quit 5 minutes before success.
- We're all here because we want more.
- Practice an attitude of gratitude.
- God is never late.
- Do it sober.
- Have a good day, unless of course you have made other plans.
- Decisions aren't forever.

- It takes time.
- 90 meetings in 90 days
- You are not alone.
- Where you go, there you are.
- Don't drink, read the Big Book, and go to meetings.
- Use the 24-hour plan.
- Make use of the telephone therapy.
- Stay sober for yourself.
- Look for similarities rather than differences.
- Try not to place conditions on your sobriety.
- See patterns and choose change.
- I matter.
- Cultivate peace.
- What you say or do has nothing to do with me.
- Who you are or what you think has nothing to do with me.
- I'm willing to change (or:)
- I'm willing to learn to change
- Love is everywhere.
- I am loving and lovable.
- Recovery: it's a contact sport.
- Count your blessings.
- Share your happiness.
- Recovery is education, Peace of Mind is graduation.
- Respect the anonymity of others.
- Share your pain and let it go.
- Never ever criticize yourself.
- Let go of old ideas.
- Try to replace guilt with gratitude.
- What goes around, comes around.
- Change is a process, not an event.
- Call your sponsor before, not after, you take the first drink.
- Sick and tired of being sick and tired.
- It's the first drink that gets you drunk.
- To keep it, you have to give it away.
- Man's extremity is God's opportunity.
- Help is only a phone call away.
- Around AA or IN AA?
- Half measures availed us nothing.
- Anger's but one letter away from danger.
- Courage to change
- Easy does it, but DO it.
- Think right thought and the body will follow.
- Fear is the darkroom where negatives are developed.
- Before engaging your mouth, put your mind in gear.
- Faith is spelled a-c-t-i-o-n.
- The first step in overcoming mistakes is to admit them.
- Formula for failure: try to please everyone.
- FOCUS FIRST: Sorrow is looking back, worry is looking around.
- Willpower=our willingness to use a Higher Power.
- I AM GOOD ENOUGH
- Change the thought, and the feeling must go.
- Ask better questions.
- You alone can do it, but you can't do it alone.
- If a thought or belief doesn't serve you, let it go.
- Random Acts of Kindness
- Reach Out
- I am insistent, consistent and persistent in recovery
- Recovered.
- Recovery Unity Service
- Relax: God's in charge
- Gratitude gratifies
- Generosity Generates
- Cash in dis-ease for a sense of ease
- Release
- Stay in the solution
- Recovery is: thought in solution
- RESENTMENT is the enemy
- Restored to sanity

- Right here Right Now
- Right thinker
- Rule 62: Never take yourself too seriously! :)
- Relax, relate, release
- When your head begins to swell your mind stops growing.
- Create organization in your mind.
- A journey of a 1,000 miles begins with the first step.
- GOD = Good Orderly Direction
- Recovery will work if you want it to work.
- Be as enthusiastic about recovery as you were about your drinking.
- You received without cost, now give without charge.
- Humility is our acceptance of ourselves.
- Trying to pray is praying.
- Get it, give it, grow in it
- This is a selfish program.
- EGO = Edging God Out
- Minds are like parachutes----they won't work unless they're open.
- What you hear and see here, stays here.
- Recovery is a school in which we are all learners and all teachers.
- Serenity is not freedom from the storm but peace amid the storm.
- Recovery may not solve all your problems but it is willing to share them.
- It isn't the load that weighs us down, it's the way we carry it.
- Principles before personalities
- When you do all the talking you only learn what you already know.
- The 7t's ---take time to think the thing through.
- To be forgiven we must forgive.
- When we surrender to our higher power, the journey begins.
- HALT = don't get too Hungry too Angry too Lonely too Tired - TAKE GOOD CARE
- FEAR = Frustration, Ego, Anxiety, Resentment - LET IT GO
- The 12 steps tell us how it works; the 12 traditions tell us why it works.
- When a person tries to control their drinking they have already lost control.
- You're not required to like it, you're only required to DO it.
- Wallowing in self pity? Get off the cross, we need the wood!
- In AA we don't carry the alcoholic; we carry the message.
- We're not human beings having spiritual experiences, we're spiritual beings having human experiences.
- Don't watch the "slippers," watch those who don't slip...watch them go through difficulties and pull through.
- It's a shame we can't forget our troubles the same way we forget our blessings.
- Be careful what you pray for; you're liable to get it.
- The time to attend a meeting is when you least feel like going.
- I've been sober and I've been drunk. Sober's better.
- AA is the highest priced club in the world. You "paid the dues," why not enjoy the benefits?
- The first step is the only step a person can work perfectly.
- The will of God will never take you where the grace of God will not protect you

- Your Big Book is your sponsor too.
- The only thing we take from this world when we leave is what we gave away.
- Time wasted in getting even can never be used in getting ahead.
- Some AAs are so successful that they turn out to be almost as good as they used to think they were when they were drinking! ;)
- Sobriety delivers everything alcohol promised.
- Possibilities and miracles are one and the same.
- HOW = Honesty, Open-mindedness, Willingness.
- Danger sign: when your eyes wander from the alcoholics who still suffers and needs help, to the faults of those whom the program has already helped.
- First we stayed sober because we have to...then we stay sober because we are willing to...then we stay sober because we want to.
- Slogans are wisdom written in shorthand.
- Active alcoholics don't have relationships; they take hostages.
- Every day is a gift, that's why we call it the present.
- If you find a path with no obstacles, it probably doesn't lead anywhere.
- Every recovery from alcoholism began with one sober hour.
- Each and every alcoholic, sober or not, teaches us valuable lessons about ourselves and recovery.
- Don't compare---identify.
- Don't intellectualize----utilize.
- My recovery, my pace, my choice
- Living in the here and now
- Miracles revive
- Would you rather be peaceful, or right?
- Don't gossip; Don't criticize
- Plant seeds reap recovery
- Just keep your side of the street clean
- Faith is our greatest gift; its sharing with others our greatest responsibility.
- I have to believe it to receive it!
- If you want to drink, that is your business...if you want to quit and can't, that is AA 's business.
- In a bar, we got sympathy--as long as our money lasted. In AA, we get understanding for nothing.
- My worst day in sobriety is better than my best day drunk.
- Add humor to a hard task
- The elevator is broken: use the Steps.
- Let it begin with me.
- Welcome.
- When all else fails, the directions are in the Big Book.
- Trust God clean house help others.
- Anonymity is so important it's half of our name.
- If we don't grow, we gotta go.

- All you need to start your own AA meeting is a resentment and a coffee pot.
- It may not be your fault but it's your choice
- When you are a sponsor, you get out of yourself. If I serve, I will be served.
- The smartest thing an AA member can say is, " help me"
- You are exactly where god wants you to be.
- God will never give you more than you can handle.
- Slow and sure.
- Give time time.
- Faith is a lit doorway doubt is a dark hall
- Thank you for sharing.
- The lesson I must learn is simply that my control is limited to my own behavior, my own attitudes.
- There are two days in every week which we have no control over: yesterday and tomorrow. Today is the only day we can change.
- It is not the experience of today that drives people crazy, it is remorse of yesterday and the dread of tomorrow.
- Pain is the touchstone of spiritual growth.
- The road to resentment is paved with expectation.
- Be nice to newcomers one day they may be your sponsor.
- Sharing is caring.
- Denial is not a river in Egypt, but you can drown in it.
- Guilt is the gift that keeps on giving.
- The flip side to forgiveness is resentments.
- Fear is the absences faith.
- I have faith in the power of my own right thought.
- Depression is anger toward inward.
- 3 A's in AA-----affection/attention/appreciation
- To be of maximum service to others.
- Minimum waste maximum joy
- We'll love you, until you learn to love yourself.
- Don't be grateful and resentful at the same time, you can't serve two masters.
- Write a gratitude list and count your blessings.
- Faith chases away fear.
- You take others' personal inventory 'till you take your own.
- Unity, recovery, and service.
- If you want to hide something from an alcoholic, hide it in the Big Book, because that's where he'll find it.
- You can talk the talk, but can you walk the walk?
- Live life on life's terms.
- When we couldn't dominate, control, or manipulate, we would ask for terms and conditions.
- Flood your mind with good thoughts and good ideas.
- Surrender to win.

- We have a choice.
- Insanity is defined as doing the same thing over, and over again, expecting different results.
- What would my Higher Power do?
- A newcomer is someone with less than five years sobriety.
- Move forward; don't look back
- The easier softer way is one through twelve.
- Don't work my program, or your program, work "THE program".
- If you want what we have and you're willing to go to any lengths to get it, ask us how we did it, then do what we did.
- Qualifications for me to help you, 1) you have to need it, 2) you have to want it, 3) you have to ask for it, 4) you have to ask me.
- Get to the meeting early and go to the meeting after the meeting.
- Definition of an alcoholic - an egomaniac with an inferiority complex.
- Cunning, baffling, powerful, and patient.
- When the pain of staying sober becomes less than the pain of getting drunk, you'll stay sober.
- None of us came here on a winning streak.
- This, too, shall pass.
- Recovery: how does it work? It works just fine.
- If you hang around the barbershop long enough, you'll get a haircut.
- Thank God for Recovery
- You can't dehumanize me because I had a health problem. I'm human; what's YOUR problem?
- "Remember the five simple rules to be happy:
 - Free your heart from hatred.
 - Free your mind from worries.
 - Live simply.
 - Give more.
 - Expect less.
- My serenity, my pace, my choice
- Onward and forward
- Prayer changes things
- No person place or thing gets in the way of my recovery.
- I give my word and keep my word three times a day
- The Problem in Front of You is Never as Great as the Power Inside You
- TRUST HAPPENS
- Love is all-powerful
- Right thought changes things
- God has a great sense of humor: follow suit.
- BE BLESSED BECAUSE YOU'RE TAKING RIGHT ACTION. THE UNIVERSE IS ALWAYS LISTENING.
- Peace and release

- (If you have anger problems) Humble pie: if in conflict with others, always just say, "you're right." No matter what. Feel what that feels like. Surrender.
- The gateway to wisdom and knowledge is always open.
- Short version of the Serenity Prayer: "Lighten up"
- Service is slimming.
- You **have** to go to these meetings until you **want** to.
- Fake it till you make it.
- It's not what you're eating, it's what's eating you.
- If you fail to plan, you plan to fail.
- Keep it simple.
- FEAR=Face Everything And Recover (or F--- Everything And Run – your choice)
- If you do what you've always done you'll get what you've always gotten.
- Failure is success on the installment plan -- if I learn from it.
- I won't starve to death between meals.
- Floss and brush after every meal.
- Look for my Higher Power in all things.
- Sober up a horse thief, all you have is a sober horse thief
- Would I rather be right -- or happy?
- Highest good of all concerned
- If not this, then something better.
- Hang in there.
- Daniel didn't go back to the lion's den to get his hat
- It gets better.
- Try it for 90 days, and if you don't like it, we'll gladly refund your misery.
- Don't use, and go to meetings.
- Recovery is the easier, softer way
- The two ways to learn are the hard way and the harder way.
- The best things in life aren't things.
- If I have a problem and eat over it, then I have two problems.
- My character shows as I respond to difficulty.
- Worry slows recovery.
- If you like everyone you've met in the program, you haven't been to enough meetings.
- Onward and upward
- Fall in line with the force of heaven; it is the force of heaven to accept and endure.
- Hope is the risk that must be run.
- Stay put and act in your own best interest.
- The way to ask for help is to say, "I need help."
- Am I around the program or in the program?
- Do the next, right thing.
- Don't hurry. Don't worry. Don't compare.

- Easy does it -- but Do it!
- Expectations are premeditated resentments.
- Food thoughts are just thoughts. You don't have to act.
- Forgiveness is letting go of a better past.
- HALT. (Don't get Hungry, Angry, Lonely, or Tired).
- Help is only a phone call away.
- Honesty, openness, willingness
- Listen and learn.
- Little strokes fell giant oaks.
- Meeting makers make it.
- Recovery isn't for those who need it, only for those who want it.
- One compulsive bite is too many and 100 bites are not enough.
- Repetition is nature's only form of permanence.
- Sponsors carry the message -- not the person.
- The 12 Steps: Trust God, clean house, help others, pray.
- There is no situation so bad that a compulsive action can't make it worse.
- What other people think of me is none of my business.
- Suit up and show up.
- It is none of my business what someone else thinks of me.
- Screw guilt.
- OA: It's about the food until it's not about the food.
- Pick three tools
- Sweep your own side of the street.
- If you do what you have always done you will get what you have always gotten.
- You are never too late unless you miss the closing (of the meeting)
- Everyday I write the book
- Go to meetings when you want to, and go to meetings when you don't want to.
- It's been a good meeting so far.
- It's a thinking problem, not a drinking problem.
- No person place or thing gets in the way of my serenity.
- Everything is Beautiful
- I claim full "response-ability."
- I absolutely insist on enjoying life.
- Grateful for the sense of release
- SHIFT HAPPENS
- If we learn to think of receiving God's good as being an act of worship--cooperating with God's plan to manifest goodness in our lives--we can begin to let go of having to sabotage ourselves.- Julia Cameron, "The Artist's Way."
- "Put as much energy into letting go as you have into trying to control. You'll get much better results." - Melody Beattie

- One step at a time
- Detachment with love
- I move in good orderly direction
- Write down three "proofs" a day--proof that recovery is working in your life. When you're down, you'll have a million points of reference to realize how much good there is all around you.
- Awareness is a choice.
- My worst day in recovery was better than my best day before it.
- It came to pass, it didn't come to stay!
- I focus on myself and my own recovery
- Cleaning the house IS spiritual cleaning
- Fight the urge to fight: replace it with surrender
- DEEP PEACE
- My Higher Power LOVES to extend itself.
- I deserve more.
- My sponsor says I'm trying--VERY trying.
- All in Good Time.
- I focus on myself and my own serenity
- All in God Time.
- God loves people in recovery.
- I deserve love.
- Recovery is a blessing I accept.
- I am a good person.
- My recovery is appreciated.
- I appreciate my recovery.
- I now treat myself more gently.
- I now treat myself for generously.
- I now accept hope.
- When we dwell on the problem, the problem gets bigger. When we dwell on the solution, the solution gets bigger.
- I now act affirmatively.
- I now accept creative recovery.
- I allow myself to heal.
- I now accept God's help unfolding my life.
- I now believe God loves those in recovery.
- There is a divine plan of goodness for me.
- Cleaning your car IS spiritual cleaning
- Don't sweat the small stuff; what doesn't matter, doesn't matter.
- I am Divine and I deserve to be on the planet.
- MAKE BETTER CHOICES
- Laugh everyday. Even if it is at yourself.

- Love like there is no tomorrow.
- Do something for yourself everyday, maybe every morning and night.
- Smile even when you don't feel like it. It is contagious. Make your mind up to be happy and you will be.
- Don't forget to laugh everyday. Pamper yourself, you deserve it.
- FAITH: Fantastic Adventure in Trusting Higher Power.
- I deserve love.
- Sorrow shared is halved; joy shared is doubled.
- Please be patient -- God isn't finished with me yet.
- I am unique, just like everybody else.
- Chairman at meeting asks: "Anybody from out of town? Out of state? Out of their minds?"
- A winner is a loser who keeps trying.
- There is a divine plan of goodness for my recovery.
- I am willing to be recovered.
- I am willing to enjoy life.
- I am willing to learn to forgive.
- I didn't get sober to be miserable.
- Recovery is the natural order of life.
- I am recovered.
- Recovery is safe.
- As I move toward my dreams, I move toward my divinity.
- Recovery: Try it and see what happens.
- All my work comes to good.
- Only good is happening.
- Recovery is God's will for me.
- As I recover and listen, I will be led.
- I deserve to heal myself and others.
- Through the use of a few simple tools, my recovery flourishes.
- Through my recovery, I AM being of service.
- Recovery always leads me to truth and love.
- Recovery leads me to forgiveness and self-forgiveness.
- We only have to live today.
- The unwritten Promise -- You never have to be alone.
- It has taken me many 24 hours, but I try and often succeed, in Keeping it Simple.
- Take baby steps
- Best in the fellowship,
- I love you, God loves you, and there's nothing you can do about it.
- Today I have more solutions than problems.
- There's safety in numbers. One through twelve.
- My best thinking got me here.
- I am a walking miracle.

- I am willing to learn to be of service.
- I am willing to use my creative talents.
- I am willing to experience my creative energy.
- Pray to catch the bus, then run as fast as you can.
- Don't romance the drink.
- 20/20: Come 20 minutes before the meeting, stay 20 minutes after.
- Stay in the main tent, and out of the side shows.
- Take the mess to your sponsor, take the message to the meeting.
- When the student is ready, the teacher appears.
- Don't let unpleasant people rent space in your head.
- Sobriety then serenity.
- In recovery, I get an owners manual to go with my new life.
- If you want to stay sober, make the coffee.
- Gratitude, that's the attitude.
- Three suggestions for making an AA speech: 1).BE INTERESTING 2).BE BRIEF 3).BE SEATED
- The Recovery Paradoxes:
 - from weakness(adversity) comes strength
 - we forgive to be forgiven
 - we give it away to keep it
 - we suffer to get well
 - we surrender to win
 - we die to live
 - from darkness comes light
 - from dependence we found independence .