

Slogans

- Easy Does It
- First Things First
- Let Go and Let God
- Let It Begin With Me
- Keep Coming Back
- Fake It 'Till You Make It!
- What to Be will Be
- Keep It Simple
- Live and Let Live
- Think! Listen And Learn
- Together We Can Make It
- Feel Good About Saying "No"
- Talk And Grow
- This Too Shall Pass
- How Important Is It?
- One Day At A Time
- Keep An Open Mind
- Be Honest
- Is it worth my Serenity
- Awareness, Acceptance, Action

- Change your attitude, change your life.
- Insanity is doing the same things over and expecting different results.
- Progress not Perfection.
- My serenity is proportionate to my acceptance.
- Recovery is self-discovery.

Three C's: Alcoholism/Addiction

: You didn't CAUSE it, You can't CONTROL it, and You can't CURE it!

Filters

(Reminder, each filter should take more than 2 Seconds)

- 1) Does it NEED to be said?**
- 2) Does it need to be said by ME?**
- 3) Does it need to be said NOW?**

EGO - Edging God Out

FEAR – Future Events Aren't Real

YANA - You Are Not Alone

HELP - Help/Heal Ourselves/Others Purge Emptiness

MYOB - Mind My Own Business

FAITH - Finding Answers In The Heart

HALT(S) - Hungry Anxious/Angry Lonely Tired Sick or Honestly Actively Lovingly Tolerant

ANGER - A Negative Grudge Endangers Recovery

QTIP - Quit Taking It Personally

PUSH - Pray Until Something Happens

GIFTS - Getting It From The Steps

ASK - Ask Seek Knock

HEART - Healing Enjoying And Recovering Together

HOPE - Happy Our Program Exists - healing/helping ourselves purge emptiness

GOD - Good Orderly Direction

JADE - (dont) Justify, Argue, Defend, Explain

FROG - Fully Relying On God

DETACH – Don't Ever think About Changing Him/H er&/or don't even try and change others

FEAR- Future Events Aren't Real

:

"You can't control the wind but you can set your sails."

"The mind is like a parachute, it works best when open."

"Thank You God for reminding me not to interfere with Your Divine Plan."

When anyone, anywhere reaches out for help, **Let it begin with me.**