

“Principles to Practice” from Chapters 8, 9 & 10: “To Wives”, “The Family Afterwards” & “To Employers”

1. Page 111, ¶1: “The first principle of success is that you should **never be angry.**”
2. Page 111, ¶1: “**Patience and good temper** are most necessary.”
3. Page 111, ¶2: “Our next thought is that you should **never tell him what he must do...**”
4. Page 111, ¶3: “**Do not set your heart on reforming...**”
5. Page 111, ¶4: “Your husband may come to appreciate your **reasonableness and patience.**”
6. Page 111, ¶4: “Be sure you are **not critical** during such a discussion.”
7. Page 111, ¶4: “Attempt instead, to **put yourself in his place.**”
8. Page 111, ¶4: “Let him see that you want to **be helpful rather than critical.**”
9. Page 113, ¶1: “**Avoid urging** him to follow our program.”
10. Page 113, ¶2: “Again, **you should not crowd him.**”
11. Page 115, ¶1: “But you must **be on guard not to embarrass or harm...**”
12. Page 115, ¶3: “...it is best **not to take sides in any argument...**”
13. Page 115, ¶3: “Use your energies to **promote a better understanding** all around.”
14. Page 116, ¶0: “...**be careful not to be resentful...**”
15. Page 116, ¶3: “Now we try to **put spiritual principles to work in every department of our lives.**”
16. Page 117, ¶2: “[**Faith and sincerity**] should be regarded as part of your education, for thus you will be learning to live.”
17. Page 117, ¶3: “Just be careful **not to disagree in a resentful or critical spirit.**”
18. Page 118, ¶2: “**Patience, tolerance, understanding** and **love** are the watchwords. Show him these things in yourself and they will be reflected back to you from him.”
19. Page 118, ¶2: “**Live and let live** is the rule.”
20. Page 118, ¶2: “If you both show a **willingness to remedy your own defects**, there will be little need to criticize each other.”
21. Page 119, ¶0: “When resentful thoughts come, try to **pause and count your blessings.**”
22. Page 119, ¶2: “If you **cooperate, rather than complain**, you will find that his excess enthusiasm will tone down.”
23. Page 119, ¶2: “Both of you will **awaken to a new sense of responsibility for others.**”
24. Page 120, ¶0: “You, as well as your husband, ought to **think of what you can put into life instead of how much you can take out.**”
25. Page 120, ¶1: “You need not remind him of his spiritual deficiency—he will know of it.”
26. Page 120, ¶1: “**Cheer him up** and **ask him how you can be still more helpful.**”
27. Page 120, ¶3: “If a repetition is to be prevented, **place the problem, along with everything else, in God’s hands.**”
28. Page 122, ¶1: “All members of the family should meet upon the common ground of **tolerance, understanding and love.**”
29. Page 123, ¶3: “...he **shouldn’t be reproached** [criticized].
30. Page 124, ¶1: “We grow by our **willingness to face and rectify errors and convert them into assets.**”
31. Page 124, ¶2: “**Cling to the thought that, in God’s hands, the dark past is the greatest possession you have - the key to life and happiness for others.**”
32. Page 125, ¶1: “We do talk about each other a great deal, but we almost invariably **temper such talk by a spirit of love and tolerance.**”
33. Page 125, ¶2: “Another principle we observe carefully is **that we do not relate intimate experiences of another person unless we are sure he would approve.**”
34. Page 127, ¶0: “They should **be thankful he is sober and able to be of this world once more.**”
35. Page 127, ¶0: “Let them **praise his progress.**”
36. Page 127, ¶0: “...his periods of crankiness, depression, or apathy... will disappear when there is **tolerance, love, and spiritual understanding.**”
37. Page 127, ¶2: “He is not likely to get far in any direction if he fails to **show unselfishness and love under his own roof.**”
38. Page 127, ¶3: “These family talks will be constructive if they can be carried on without heated argument, self-pity, self-justification or resentful criticism.”
39. Page 128, ¶0: “**Giving, rather than getting**, will become the guiding principle.”
40. Page 130, ¶2: “Nothing will help the man who is off on a spiritual tangent so much as the wife who **adopts a sane spiritual program, making a better practical use of it.**”
41. Page 131, ¶2: “At the very beginning, the couple ought to frankly face the fact that each will have to **yield here and there** if the family is going to play an effective part in the new life.”

42. Page 131, ¶2: “New acquaintances who know nothing of alcoholism might be made and **thoughtful considerations given their needs.**”
43. Page 132, ¶0: “Each individual should **consult his own conscience.**”
44. Page 132, ¶1: “**We absolutely insist on enjoying life.**”
45. Page 132, ¶1: “**We try not to indulge in cynicism** over the state of the nations, nor do we carry the world’s troubles on our shoulders.”
46. Page 132, ¶2: “So we think **cheerfulness and laughter make for usefulness.**”
47. Page 132, ¶4: “So **let each family play together** or separately, as much as their circumstances warrant.”
48. Page 133, ¶0: “We are sure God wants us to **be happy joyous and free.**”
49. Page 133, ¶0: “**Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence.**”
50. Page 135, ¶0: “**Seeing is believing** to most families who have lived with a drinker.”
51. Page 135, ¶4 “We have three little mottoes which are apropos. Here they are:
First Things First.
Live and Let Live.
Easy Does It.”
52. (139:2) “If you desire to help it might be well to disregard your own drinking, or lack of it...you may have some pretty strong opinions, perhaps prejudices”
53. (139:3) “When dealing with an alcoholic, there may be a natural annoyance that a man could be so weak, stupid and irresponsible. Even when you understand the malady better...”
54. (140:1) “If you concede that your employee is ill, can he be forgiven for what he has done in the past? Can his past absurdities be forgotten?”
55. (140:3) “When drinking, or getting over a bout, an alcoholic, sometimes the model of honesty when normal, will do incredible things. Afterward, his revulsion will be terrible. Nearly always, these antics indicate nothing more than a temporary condition.”
56. (141:1) “If you are sure your man does not want to stop, he may as well be discharged, the sooner the better. You are not doing him a favor by keeping him on. Firing such an individual may prove a blessing to him. It may be the jolt he needs.”
57. (141:2) “Your understanding treatment of their case will pay dividends”
58. (141:3) “You can see that he is mentally and physically sick. You are willing to overlook his past performances.”
59. (141:4) “State that you know about his drinking, and that it must stop. You might say you appreciate his abilities, would like to keep him, but cannot if he continues to drink.”
60. (142:0) “A firm attitude at this point has helped many of us.”
61. (142:1) “Next, he can be assured that you do not intend to lecture, moralize, or condemn...”
62. (142:1) “...it might be well to explain alcoholism, the illness. Say that you believe he is a gravely ill person, with this qualification-being perhaps fatally ill, does he want to get well?”
63. (142:1) “Will he take every necessary step, submit to anything to get well, to stop drinking forever?”
64. (142:2) “If he says yes, does he really mean it, or down inside does he think he is fooling you, and that after rest and treatment he will be able to get away with a few drinks now and then? We believe he should be thoroughly probed on these points...if he temporizes and still thinks he can ever drink again, even beer, he might as well be discharged after the next bender which, if an alcoholic, he is almost certain to have. He should understand that emphatically. ”
65. (142:2) “Either you are dealing with a man who can and will get well or you are not. If not, why waste time with him?”
66. (142:3) “After satisfying yourself that your man wants to recover and that he will go to an extreme to do so, you may suggest a definite course of action”
67. (143:0) “...a certain amount of physical treatment is desirable, even imperative...whatever the method, its object is to thoroughly clear the mind and body of the effects of alcohol. In competent hands, this seldom takes long nor is it expensive.”
68. (143:0) “...it may be necessary to advance the cost of treatment, but we believe it should be made plain that any expense will later be deducted from his pay.”
69. (143:1) “...it should be pointed out that physical treatment is but a small part of the picture...he should understand that he must undergo a change of heart. To get over drinking will require a transformation of thought and attitude.”
70. (143:1) “We all had to place recovery above everything, for without recovery we would have lost both home and business.”

71. (143:2) "...this book: it contains full suggestions by which the employee may solve his problem."
72. (144:0) "Whether your employee like it or not, he will have to learn the grim truth about alcoholism."
73. (144:1) "If the book is read the moment the patient is able, while acutely depressed, realization of his condition may come to him."
74. (144:2) "We hope the doctor will tell the patient the truth about his condition, whatever that happens to be. "
75. (144:2) "When the man is presented with this volume it is best that no one tell him he must abide by its suggestions. The man must decide for himself. You are betting, of course, that your changed attitude plus this book will turn the trick. "
76. (144:2) "...we are sure a great deal can be accomplished by the use of the book alone."
77. (144:3) "On your employee's return, talk with him. Ask him if he thinks he has the answer. If he feels free to discuss his problems with you, if he knows you understand and will not be upset by anything he wishes to say, he will probably be off to a fast start."
78. (145:1) "...he may say almost anything if he has accepted our solution which, as you know, demands rigorous honesty."
79. (145:3) "**The greatest enemies of us alcoholics are resentment, jealousy, envy, frustration, and fear.**"
80. (146:0) "The employer cannot play favorites, but he can always defend a man from needless provocation and unfair criticism."
81. (146:1) "As a class, alcoholics are energetic people. They work hard and they play hard...You may have to curb his desire to work sixteen hours a day. You may have to encourage him to play once in a while."
82. (146:1) "He may wish to do a lot for other alcoholics and something of the sort may come up during business hours. A reasonable amount of latitude will be helpful. **This work is necessary to maintain sobriety.**"
83. (146:2) "An alcoholic who has recovered, but holds a relatively unimportant job, can talk to a man with a better position. Being on a radically different basis of life, he will never take advantage of the situation.]"
84. (146:3) "...he knows he must be honest if he would live at all."
85. (147:0) "If he is conscientiously following the program of recovery he can go anywhere your business may call him."
86. (147:2) "...your junior executives might be provided with this book. You might let them know you have no quarrel with the alcoholics of your organization."
87. (148:1) "Your junior executive may not agree with the contents of our book. He need not, and often should not show it to his alcoholic prospect. But at least he will understand the problem and will no longer be misled by ordinary promises."
88. (148:2) "No man should be fired just because he is alcoholic. If he wants to stop, he should be afforded a real chance. If he cannot or does not want to stop, he should be discharged."
89. (149:3) "It is not expected that an alcoholic employee will receive a disproportionate amount of time and attention. He should not be made a favorite. The right kind of man, the kind who recovers, will not want this sort of thing. Far from it. He will work like the devil and thank you to his dying day...(150:0) They have a new attitude, and they have been saved from a living death."

The Vision from “A Vision For You”

- **The Hideous Four Horsemen**-(151:2) “Terror, Bewilderment, Frustration, Despair.
 - (85:1) Every day is a day when **we must carry the vision of God's will into all of our activities.** "How can I best serve **Thee** - Thy will (not mine) be done." **These are thoughts which must go with us constantly.** We can exercise our will power along this line all we wish. It is the proper use of the will.”
1. (152:2) “...I know I must get along without liquor, but how can I? Have you a sufficient substitute? Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. *There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you.*”
 2. (152:4) “...Among them [fellows of A.A.] you make lifelong friends. You will be bound to them with a new and wonderful ties, for you will both escape disaster together and you will commence shoulder to shoulder your common journey. Then you will know what it means to give of yourself that others may survive and rediscover life...”
 3. (153:1) “...The practical answer is that since these things have happened among us, they can happen with you. Should you wish them above all else, and be willing to make use of our experience, we are sure they will come.”
 4. (159:2) “Though they knew they must help other alcoholics if they would remain sober, that motive became secondary. It was transcended by the happiness they found in giving themselves for others. They shared their homes, their slender resources, and gladly devoted their spare hours to fellow-sufferers. They were willing, by day or night, to place a new man in the hospital and visit him afterward....”
 5. (159:2) “...they made an effort to bring the man’s family into a spiritual way of living, thus relieving much worry and suffering.”
 6. (159:3) “Seeing much of each other, scarce an evening passed that someone’s home did not shelter a little gathering of men and women, happy in their release, and constantly thinking how they might present their discovery to some newcomer.”
 7. (159:3) “...it became customary to set apart one night a week for a meeting to be attended by anyone or everyone interested in a spiritual way of life. Aside from fellowship and sociability, the prime objective was to provide a time and place where new people might bring their problems.”
 8. (160:3) “The very practical approach to his problems, the absence of intolerance of any kind, the informality, the genuine democracy, the uncanny understanding which these people had were irresistible.”
 9. (161:0) “**They had visioned the Great Reality-their loving and All Powerful Creator.**”
 10. (161:2) “But life among Alcoholics Anonymous is more than attending gatherings and visiting hospitals. Cleaning up old scrapes, helping to settle family differences, explaining the disinherited son to his irate parents, lending money and securing jobs for each other, when justified-these are everyday occurrences.”
 11. (161:2) “**No one is too discredited or has sunk too low to be welcomed cordially-if he means business.**”
 12. (161:2) “Being wrecked in the same vessel, being restored and united under one God, with hearts and minds attuned to the welfare of others....”
 13. (161:2) “...the things which matter so much to some people [Social distinctions, petty rivalries and jealousies] no longer signify much....”
 14. (162:3) “Thus we grow. And so can you, though you be but one man with this book in your hand. We believe and hope it contains all you will need to begin.”
 15. (163:1) “You forget that you have just now tapped a source of power much greater than yourself. To duplicate, with such backing, what we have accomplished is only a matter of willingness, patience and labor.”
 16. (163:4) “...but if our experience is a criterion, more than half of those approached will become fellows of Alcoholics Anonymous.”
 17. (163:4) “When a few men in this city have found themselves, and have discovered the joy of helping others to face life again, there will be no stopping them until everyone in that town has had his opportunity to recover-if he can and will..”
 18. (164:1) “...so you must remember that **your real reliance is always upon Him. He will show you how to create the fellowship you crave.**”
 19. (164:2) “**God will constantly disclose more to you and to us.**”
 20. (164:2) “**Ask Him** in your morning meditation what you can do each day for the man who is still sick.”
 21. (164:2) “*The answers will come, if your own house is in order.*”
 22. (164:2) “But obviously **you cannot transmit something you haven’t got.**”
 23. (164:2) “**See to it that your relationship with Him is right,** and *great events will come to pass for you and countless others. This is the Great fact for us.*”
 24. (164:3) “**Abandon yourself to God as you understand God.**”
 25. (164:3) “**Admit your faults to Him and to your fellows.**”
 26. (164:3) “**Clear away the wreckage of your past.**”
 27. (164:3) “**Give freely of what you find and join us.**”
 28. (164:3) “*We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.*”