

12 Step Acronyms & 12 Step Slogans

AA = Absolute Abstinence
AA = Adventurers Anonymous
AA = Altered Attitudes
AA = Altruistic action
AA = Attitude Adjustment
ABC = Acceptance, Belief, Change
ABC = Ashtrays, Broom, Coffee
ABC = Ashtrays, Broom, Chairs
ACTION = Any Change Toward Improving One's Nature
ALCOHOLICS = A Life Centered On Helping Others Live In Complete Sobriety
ANONYMOUS = Actions Not Our Names Yield Maintenance Of Unity and Service
ASK = Ass-Saving Kit
BAR = Beware Alcohol, Run
BAR = Beware Alcoholic Ruin
BIG BOOK = Believing In God Beats Our Old Knowledge
DEAD = Drinking Ends All Dreams
DENIAL = Don't Even Notice I Am Lying
DETACH = Don't Even Think About Changing Him/Her
DUES = Desperately Using Everything but Sobriety
EGO = Easing God Out
EGO = Edging God Out
FAILURE = Fearful, Arrogant, Insecure, Lonely, Uncertain, Resentful, Empty
FAITH = Fear Ain't In This House
FEAR = Few Ever Arrive Rejoicing
FEAR = Failure Expected And Received
FEAR = False Evidence Appearing Real
FEAR = False Expectations Appearing Real
FEAR = Fear Expressed Allows Relief
FEAR = Feelings Every Alcoholic Rejects
FEAR = Fighting Ego Against Reality
FEAR = Forget Everything and Run (polite version)
FEAR = Face Everything and Recover! (definitely recommended)
FEAR = Forgetting Everything's All Right
FEAR = Frantic Effort to Appear Real
FEAR = Frantic Efforts to Appear Recovered
FINE = Faithful, Involved, Knowledgeable and Experienced
FINE = Feeling Insecure, Numb and Empty
FINE = Frantic, Insane, Nuts and Egotistical
FINE = Freaked out, Insecure, Neurotic and Emotional
FINE = Frustrated, Insecure, Neurotic and Emotional
GAYS = Go Ask Your Sponsor
GIFT = God Is Forever There
GOD = Good Orderly Direction
GOD = Group of Drunks
GOYA = Get Off Your Ass
GUT = God's Undeniable Truths
HALT = Honestly, Actively, Lovingly Tolerant
HALT = Hope, Acceptance, Love and Tolerance
HALT = Hungry, Angry, Lonely, Tired
HALT = Horny, Arrogant, Lazy and Tragic
HALTS = Hungry, Angry, Lonely, Tired and Stupid
HALTS FEAR = Hope, Acceptance, Love and Tolerance Stops Forgetting that Everything's All Right
HELP = His/Her Ever Loving Presence
HELP = Hope, Encouragement, Love and Patience
HOPE = Happy Our Program Exists
HOPE = Hearing Other Peoples' Experience
HOPE = Hang On! Peace Exists
HOW = Honesty, Open-mindedness, Willingness
HOW = Honest, Open-minded and Willing
ISM = I, Self, Me

ISM = Incredibly Short Memory
ISM = InSide Me
ISM = I Sabotage Myself
KISS = Keep It Simple, Sweetheart
KISS = Keeping It Simple, Spiritually
NUTS = Not Using The Steps
OUR = Openly Using Recovery
PACE = Positive Attitudes Change Everything
PAID = Pitiful and Incomprehensible Demoralization
PMS = Poor Me Syndrome
PMS = Pour More Scotch
PROGRAM = People Relying on God Relaying a Message
RELATIONSHIP = Real Exciting Love Affair Turns Into Outrageous Nightmare, Sobriety Hangs In Peril
RID = Restless, Irritable and Discontented
SLIP = Sobriety Loses Its Priority
SOBER = Son Of A Bitch, Everything's Real
SPONSOR = Sober Person Offering Newcomers Suggestions On Recovery
STEPS = Solutions To Every Problem in Sobriety
STEPS = Solutions To Every Problem, Sober
STOP = Sicker Than Other People
TIME = Things I Must Earn
WILLING = When I Live Life, I Need God
YET = You're Eligible Too

252 AA Slogans!

easy does it
first things first
live and let live
but for the grace of God
think...think...think
one day at time
let go and let God
kiss - keep it simple sweetheart
act as if
this too shall pass
expect miracles
I can't...He can...I think I'll let Him (Steps 1,2,3)
if it works...don't fix it
keep coming back (or even better – stay)
it works if you work it
stick with the winners
keep right size
sobriety is a journey, not a destination
faith without works is dead
poor me, poor me, pour me another drink
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
AA=altered attitudes
nothing is so bad, a drink won't make it worse
we are only as sick as our secrets
there are no coincidences in AA
be part of the solution, not the problem
sponsors: have one, use one, be one
I can't handle it God; you take over
keep an open mind
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
no pain...no gain
go for it
do it sober
let it begin with me
just for today
pass it on
it's in the big book
you either is, or you ain't
before you say I can't, say I'll try
don't quit 5 minutes before the miracle happens
some of us our sicker than others
we're all here because we're not all there
alcoholism is an equal opportunity destroyer
practice an attitude of gratitude
another friend of Bill W.
God is never late
have a good day unless you made other plans
decisions aren't forever
it takes time
you are not alone
wherever you go - there you are
don't drink, read the Big Book & work the Steps, go to meetings, and help others
use the 24-hour plan
make use of the telephone therapy
stay sober for yourself
look for similarities rather than differences
remember that alcoholism is incurable, progressive, and fatal
try not placing conditions on your sobriety
when all else fails, follow directions
count your blessings
share your happiness
respect the anonymity of others
share your pain
let go of old ideas
try to replace guilt with gratitude
what goes around, comes around
change is a process, not an event
take the cotton out of your ears and put it in your mouth
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
the price for serenity and sanity is self-sacrifice
one alcoholic talking to another...one plus one equals three
take what you can use and leave the rest
what if...
yeah but...
if only...
help is only a phone call away
around AA or in AA?
you can't give away what you don't have
one drink is too many and thousand is never enough
keep coming back
anger is but one letter away from danger
courage to change
easy does it, but do it
bring the body and the mind will follow
accept your admission
remember when...

we AAs are 'gifted' people
there are 12 Steps in the ladder of complete sobriety
fear is the darkroom where negatives are developed
before engaging your mouth, put your mind in gear!
I want what I want when I want it
there is no chemical solution to a spiritual problem
AA is not something you join, it's a way of life
we can be positive that our drinking was negative
spirituality is the ability to get our minds off ourselves
faith is spelled...a-c-t-i-o-n
backsliding begins when knee-bending stops
if I think, I won't drink. if I drink, I can't think
bend your knees before you bend your elbow
the first step in overcoming mistakes is to admit them
formula for failure: try to please everyone
sorrow is looking back, worry is looking around
willpower = our willingness to use a higher power
AA is an education without graduation
when your head begins to swell your mind stops growing
a journey of a thousand miles begins with the First Step
GOD=good orderly direction
be as enthusiastic about AA 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
faith is not belief without proof but trust without reservation
we're responsible for the effort not the outcome
this is an unselfish program for selfish people
ego = edging God out
keep your sobriety first to make it last
I drank: too much-too often-too long
minds are like parachutes - they won't work unless they're open
what you hear here and see here, let it stay here
alcoholism is the only disease that tells you you're all right
if you turn it over and don't let go of it, you will be upside down.
an AA meeting is where losers get together to talk about their winnings
AA is a school in which we are all learners and all teachers
God taught us to laugh again but God please don't let us forget that we once cried
serenity is not freedom from the storm but peace amid the storm
it isn't the load that weighs us down, it's the way we carry it
principles before personalities
when u do all the talking you only learn what you already know
the 7t's - take time to think the thing through
there are none that are too dumb for the AA program but many who are too smart
we all have another drunk left in us but we may not have another recovery in us
to be forgiven we must forgive
when we surrender to our higher power, the journey begins
knowledge of the answers never made anyone slip - it was failing to practice the answers known
h.a.l.t.= don't get too hungry(h) or too angry(a) or too lonely(l) or too tire(t)
fear stands for frustration, ego, anxiety, resentment
the 12 Steps tell us how it works; the 12 traditions tell us why it works
AA won't keep you from going to hell nor is it a ticket to heaven but it will keep you sober long enough for you to make up your mind
which way you want to go!
if faith without works is dead, then willingness without action is fantasy OR information without application is hallucination
when a person tries to control their drinking, they have already lost control
the task ahead of us is never as great as the power behind us
seven days without an AA meeting makes one WEAK
you are not required to like it, you're only required to DO IT
when wallowing in your self-pity, get off the cross because we need the wood
we in AA don't carry the alcoholic; we carry the message, the results are in God's hand
we are not human beings having spiritual experiences; we are spiritual beings having human experiences

remember nothing is going to happen today that you and God can't handle
when man listens, God speaks; when man obeys, God works
those who don't slip go through difficulties and pull through the 3 T's of gratitude to repay AA for our sobriety: our time, our talent, our treasure
it's a pity we can't forget our troubles the same way we forget our blessings
be careful what you pray for
the time to attend a meeting is when you least feel like going
work the program from the waist up
AA is the highest priced club in the world, if you have paid the dues, why not enjoy the benefits?
the will of God will never take you where the grace of God will not protect you
your Big Book is your sponsor too
AA never opened the gates of heaven to let me in, AA did open the gates of hell to let me out
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 people are so successful in AA 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 in the same
get out of the driver's seat, let go and let God
how = honesty, open-mindedness, and willingness
danger sign: when your eyes have wandered from the alcoholic 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, finally we stay sober because we want to
slogans are wisdom written in shorthand
active alcoholics don't have relationships; they take hostages
everyday is a gift, that is 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 some valuable lessons about ourselves and recovery
we had to quit playing God
don't compare, identify
don't intellectualize, utilize
RULE 62-don't take yourself so damn seriously!
AA has a wrench to fit every nut that walks through a meeting room door
living in the here and now
how does one become an old-timer ? don't drink and don't die!
AA spoils your drinking!
faith is our greatest gift & sharing with others is our greatest responsibility
if you want to drink, that is your business. if you want to quit, that is AA 's business
in a bar, we got sympathy, as long as our money lasted. in AA, we get understanding, for nothing!
the elevator is broken-use the Steps
let it begin with me
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 (AA)
if we don't grow, we will go
religion is for those who fear going to hell, spirituality is for those who have already been to hell and back
there are no atheists in foxholes
three suggestions for making an AA speech: 1) BE INTERESTING, 2) BE BRIEF, 3) BE SEATED
when you are a sponsor, you get out of yourself: if I serve, I will be served
why recovery never ends: the disease is alcoholISM, not alcoholWASM!
the AA way of life is meant to be bread for daily use, not cake for special occasions
the smartest thing a struggling 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 but sure
in AA we say a coincidence is a miracle in which God chooses to remain anonymous
give time...time
the AA 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

AA works for people who believe in God, AA works for people who don't believe in God, AA NEVER works for people who believe they ARE God

just for today I will try to live through this day only, and not tackle my whole life problems at once. I can do something for 12 hours that would appall me if I felt that I had to keep it up for a LIFETIME. 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 mad - it is the remorse or bitterness for something which happened yesterday and the dread of what tomorrow may bring

slippers in AA use the RDP-revolving door policy

pain is the touchstone of spiritual growth

God has no grandchildren

there is a God and I am not It

the road to disappointment (resentment) is paved with expectation

be nice to newcomers, one day they may be your sponsor

denial is not a river in Egypt!

guilt is the gift that keeps on giving

the flip side to forgiveness is resentments

there is no magic in recovery, only miracles

fear is the absences of faith

courage is faith that has said its prayers

depression is anger turned inward

alcoholics heal from the outside in, but feel from the inside out

3 A's in AA - affection (thoughtfulness), attention (listening), appreciation (gratitude)

if it is meant to be, I can't stop it

if it isn't God's Will, I can't make it happen

there are AA members who MAKE things happen, WATCH things happen, and DON'T KNOW anything happened - WHICH ARE YOU?