

## 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?