

Acronyms

AAA The Three As ²
Awareness, Acceptance, Action (*Hope for Today*,
2002, p. 97)

BBB The Three Bs
Behaving, Believing, Belonging

BFO
Blinding Flash of the Obvious

CCC The Three Cs
I didn't cause it. I can't cure it. I can't control it.

DDD The Three Ds
Direction Determines Destination.

DENIAL
Don't Even kNow I Am Lying

DETACH
Don't Even Think About Changing Her.

EGO
Edging God Out

FEAR
False Evidence Appearing Real

FINE
Freaked-out, Insecure, Neurotic, Emotional

GOD
Good Orderly Direction

HALT
Hungry, Angry, Lonely, Tired (*Courage to Be Me*,
1994, p. 139; *Hope for Today*, 2002, p. 96)

HOPE
Hang On – Pain Ends.

HOW
Honest, Open, Willing

JADE
Justify, Argue, Defend, Explain

KISS
Keep it Simple, Stupid.

LOVE
Let Others Voluntarily Evolve

MYOB
Mind Your Own Business.

M & M's The Four Ms
Managing, Mothering, Manipulating, Martyrdom
(*Hope for Today*, Al-Anon, 2002, p. 313)

NUTS
Not Using the Steps

PPPP The Four Ps
Pain, Perspective, Patience, Payoff (*Paths to*
Recovery, 1997, p. 67)

PAUSE
Postpone Action Until Serenity Emerges.

PAUSE
Patience and Understanding Succeed Everytime.

QTIP
Quit Taking it Personally.

SHIP
Simply How I Think

SHO
Strength, Hope, and Experience

THINK
Thoughtful, Honest, Intelligent, Necessary, Kind
(*Paths to Recovery*, Al-Anon, 1997, p. 106)

WAIT
Why Am I Talking?

WAIT
What Am I Thinking?

Slogans

A mistake a day keeps my perfectionism at bay (*Hope for Today*, Al-Anon, 2002, p. 335).
Acceptance is the key to serenity.
Am I who I am because I'm with an alcoholic, or am I with an alcoholic because of who I am?
Bless them; change me.
By the grace of God . . .
Courage is fear with a prayer added to it.
Denial is not a river in Egypt.
Direction determines destination.
Don't Even kNow I Am Lying (DENIAL)
Don't Even Think About Changing Her/Him. (DETACH)
Do I want to be right or do I want to be happy?
Do the next right thing – and let go of the outcome.
Easy does it.
Expectations are premeditated resentments.
Faith is hope with a track record.
Fear and faith cannot occupy the same space at the same time.
Fear is faith turned inside out.
"Figure it out" is not a slogan. (The slogan is "Reason it out with someone else.")
First things first.
Giving unsolicited advice is a disguised form a criticism.
Holding on to resentment is like drinking poison and hoping it will kill the other person.
How important is it?
I am not responsible for my first thought, but I am responsible for my first action.
I can act my way into better thinking faster than I can think myself into better actions.
I can be right or I can be happy.
I can be right or I can be in a relationship.
I can be in the storm but the storm doesn't have to be in me.
I can be in the storm but I don't have to be the storm.
I can do something for 12 hours that would appall me if I felt that I had to keep in up for a lifetime (*Just for Today*, 1972).
I can't be late until I get there.
I can't have intimacy if I don't share intimacy.
I can't; He can; I'll let Him (Steps, 1, 2, 3).
I can't be too dumb for this program, but I can be too smart.
I don't believe everything I think.
I have no opinion on the matter (10th Tradition).
I was wrong (10th Step).
I will adjust myself to what is, and not try to adjust everything to my own desires (*Just for Today*, Al-Anon, 1972).
If I mind my own business, I'll stay busy all the time.
If I'm talking, then I'm not listening.
If you need an answer right this moment, then the answer is "No" because I need to think about it.
"Intimacy" means into me see.
It works if you work it.
It's never too late to start a new day (*Hope for Today*, Al-Anon, 2002, p. 143).
Keep an open mind.
Keep coming back.
Keep coming back; it works if you work it.
Keep coming back; it works if you work it; it won't if you don't.
Keep it simple.
Leave people, places, and things a little better than I find them each day.
Let go – or be dragged.
Let go and let God.
Let it begin with me.
Let me think about it.
Listen and learn.

Listen and Silent have the same letters.
 Live and let live.
 Mind my own business.
 My defects of character are only a choice away.
 "No" is a complete sentence.
 One day at a time
 One step at a time
 Postpone Action Until Serenity Emerges (PAUSE).
 Principles above personalities (Al-Anon)
 Principles before personalities (AA)
 Progress — not perfection
 Quit Taking it Personally (QTIP).
 Quit taking the bait.
 Radical acceptance
 Resentment is the "number one" offender (*Alcoholics Anonymous*, AA World Services, 2001, p. 64).
 Respond rather than react.
 Say what you mean; mean what you say; don't say it mean.
 Saying "No" can be a form of self-care.
 Serenity is a practice.
 Serenity is the practice of letting my actions be guided by principles rather than emotions.
 Serenity is the practice of letting my actions be guided by principles rather than personalities.
 Serenity is the practice of responding rather than reacting.
 Stockpiling resentments hurts relationships.
 Take the mess to my sponsor; take the message to the meeting.
 Take your ass and your head will follow.
 The opposite of addiction is connection.
 The way I am living today is the way I am living my life.
 There's no elevator to recovery; take the steps.
 There's no wrong way to do a right thing.
 Thoughtful, Honest, Intelligent, Necessary, Kind (THINK)
 This too shall pass.
 You can sit in a garage for 10 years, but it won't turn you into a race car.
 You'll never do wrong by doing the right thing.
 Victimology is not a path to responsibility.
 We are only as sick as our deepest secrets.
 We can do together what none of us can do alone.
 We laugh together about the things we used to cry about alone.
 What other people think of me is none of my business.
 What's my part in it?
 When I don't know what to say, I count to 10. When I do know what to say, I count to 100.
 When in doubt, assume it is a compliment.
 Wise men have something to say; fools say something.
 What Am I Thinking? (WAIT)
 Why Am I Talking? (WAIT)
 Why am I talking rather than listening?
 You may be right.

Not Slogans

Figure it out.	Put personalities above principles.
I told you so.	Take a bite of the bait.
I was right.	Take it personally.
Let it begin with someone else.	You are wrong.
Mind someone else's business.	Whose fault is it?