

Al-Anon Slogans & Acronyms

<p><i>Slogans In Action</i></p> <p>Just For Today, I will Let It Begin with Me And Think, How Important Is It Before I lose my serenity And if I Keep It Simple When my mind wants to burst I will remember Easy Does It and place First Things First And isn't it kind of Funny When I feel I've bottomed out I find hope and courage when I finally Let Go and Let God But For The Grace of God I can Keep An Open Mind And learn to Live and Let Live, One Day At A Time.</p>	<p><i>The Three C's:</i></p> <p>You didn't CAUSE it, You can't CONTROL it, and You can't CURE it!</p> <p><i>The Three A's:</i></p> <p>Awareness Acceptance Action</p> <p><i>The 4 M's:</i></p> <p>Martyrdom, Manipulating, Managing, Mothering</p>
<p><i>Acronyms:</i></p> <p>ACTION: Any Change That Improves Our Nature ANGER: A Negative Grudge Endangers Recovery ANTS: Automatic Negative ThoughtS ASK: Ask Seek Knock COOL: Creative Opportunities Offer Love DETACH: Dont Even Think About Changing Him/Her EGO: Edging God Out FAITH: Finding Answers In The Heart FEAR: Future Events Aren't Real FEAR: False Expectations Appearing Real FEAR: Face Everything And Recover FINE: F**ked Up Insecure Neurotic FROG: Fully Relying On God GIFTS: Getting It From The Steps GOD: Good Orderly Direction GUIDANCE: God, U & I DANCE HALT(S): Hungry Anxious/Angry Lonely Tired (Sick) HALT: Honestly Actively Lovingly Tolerant HEART: Healing Enjoying And Recovering Together</p>	<p><i>Acronyms:</i></p> <p>HELP: Help/Heal Ourselves/Others Purge Emptiness HOPE: Hold On...Pain Ends HOPE: Happy Our Program Exists HOPE: Healing/Helping Ourselves/Others Purge Emptiness HOW: Honesty Openmindedness Willingness JADE: (Don't) Justify, Argue, Defend, Explain LOVE: Let Others Voluntarily Evolve MYOB: Mind Your Own Business NUTS: Not Using The Steps PUSH: Pray Until Something Happens QTIP: Quit Taking It Personally STEPS: Solutions To Every Problem. THINK: Thoughtful, Honest, Intelligent, Necessary, Kind WAIT: Why Am I Talking YANA: You Are Not Alone YOLO: You Only Live Once YOYO: You're On Your Own (for dinner)</p>

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More Lovely Slogans:

~~ Alcoholics pick up the bottle Al-Anon's pick up people.	~~ Live for today.
~~ ANGELS EXIST but some times, since they don't all have wings, we call them FRIENDS.	~~ Most folks are as happy as they make up their minds to be.
~~ Be gentle with yourself.	~~ My serenity is proportionate to my acceptance.
~~ Be Honest.	~~ NO and YES are complete sentences.
~~ Change your attitude change your life.	~~ Pain is inevitable but suffering is optional.
~~ Courage is fear that has said its prayers.	~~ Progress not Perfection.
~~ Don't go to the hardware store for bread.	~~ Recovery is self-discovery.
~~ Expectations are premeditated resentments.	~~ Responsible - I want to be able to respond, not react.
~~ Fake It 'Till You Make It!	~~ Say what you mean, mean what you say - but don't say it meanly.
~~ Feel Good About Saying "No.	~~ Talk And Grow
~~ Feel. Heal. Deal.	~~ Take the blame out of me & all u get is bla bla bla.
~~ Feelings are not facts.	~~ The mind is like a parachute, it works best when open.
~~ Fight for yourself, you are worth it, if you dont who will?	~~ Thank Heaven I Now Know.
~~ Happiness & knowledge increase only as we share it with others.	~~ Thank You God...I wouldn't have it any other way.
~~ If HP brings you to it, HP will walk you through it.	~~ Thank You God for reminding me not to interfere with Your Divine Plan.
~~ If you are looking in the past or the future, you're not living in the now.	~~ The present is a gift. The gift is now.
~~ In recovery were all like infants, first we crawl then we can stand. We take steps & learn to walk before we can run free.	~~ Think! Listen And Learn.
~~ Insanity is doing the same things over and over and expecting different results.	~~ This Too Shall Pass.
~~ Is it worth my Serenity?	~~ Together We Can Make It.
~~ Keep Coming Back.	~~ Use It Or Lose It.
~~ Keep It Simple.	~~ Whats to Be will Be.
~~ Listen not to criticisms or accolades both take you off your path.	~~ We Are all Different.
~~ Live for each and every new moment.	~~ You can't control the wind but you can set your sails.

FACE IT: Become aware of the thinking/behavior that is a problem.

TRACE IT: Try to establish where you think it comes from and why.

EMBRACE IT: Accept that you did the best you could with what you had at the time but it no longer needs to be that way. Forgive yourself.

ERASE IT: The thinking/behavior no longer serves your best interests. Ask God to remove your shortcomings. Refuse to participate in the same thinking and behavior patterns. You may 'slip' from time to time but that's ok, it's a process and it's about progress not perfection.

REPLACE IT: Nothing exists in a vacuum therefore if you remove something you need to put something else in it's place. Where possible, fill the void with program & faith. You can replace negative thinking/behavior with positive, healthy responses. Use the tools of the program. Sometimes we try something new and it doesn't work out for us, that's ok too, just try something different.