

252 AA Slogans

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1	Easy Does It	36	You Will Intuitively Know
2	First Things First	37	You Will Be Amazed
3	Live And Let Live	38	No Pain No Gain
4	But For the Grace of God	39	Go For It
5	Think ... Think ... Think ...	40	Keep The Plug in The Jug
6	One Day at Time	41	Do It Sober
7	Let Go and Let God	42	Let It Begin with Me
8	Kiss---Keep It Simple Stupid	43	Just For Today
9	Act As If	44	Sober 'N' Crazy
10	This Too Shall Pass	45	Pass It On
11	Expect Miracles	46	It's In the Book
12	I Can't He Can I Think I'll Let Him (Steps 1,2,3)	47	You Either is Or You Ain't
13	If It Works Don't Fix It	48	Before You Say I Can't Say I'll Try
14	Keep Coming Back It Works If You Work It	49	Don't Quit 5 Minutes Before the Miracle Happens
15	Stick With the Winners	50	Some Of Us Are Sicker Than Others
16	Keep Right Size	51	We're All Here Because We're Not All There
17	Sobriety Is a journey Not A Destination	52	Alcoholism Is an Equal Opportunity Destroyer
18	Faith Without Works Is Dead	53	Practice An Attitude of Gratitude
19	Poor Me... Poor Me... Pour Me Another Drink	54	The Road to Sobriety Is a Simple Journey for Confused People with a Complicated Disease
20	To Thine Own Self Be True	55	Another Friend of Bill W.'S
21	I Came; I Came To; I Came to Believe (Steps 1,2,3)	56	God Is Never Late
22	Live In the Now	57	Have A Good Day Unless Of Course You Have Made Other Plans
23	If God Seems Far Away, Who Moved ?	58	Decisions Aren't Forever
24	Turn It Over	59	It Takes Time
25	Aa = Altered Attitudes	60	90 Meetings In 90 Days 90/90
26	Nothing Is So Bad; A Drink Won't Make It Worse	61	You Are Not Alone
27	We Are Only as Sick as Our Secrets	62	Where You Go There You Are
28	There Are No Coincidences in Aa	63	Don't Drink, Read the Big Book, And Go to Meetings
29	Be Part of The Solution, Not the Problem	64	Use The 24-Hour Plan
30	Sponsors: Have One ... Use One ... Be One	65	Make Use of The Telephone Therapy
31	I Can't Handle It God; You Take Over	66	Stay Sober for Yourself
32	Keep An Open Mind	67	Look For Similarities Rather Than Differences
33	It Works ... It Really Does ! (Page 88,Line 8 In the Big Book)	68	Remember Your Last Drunk
34	Willingness Is the Key	69	Remember That Alcoholism Is Incurable, Progressive, And Fatal
35	More Will Be Revealed	70	Try Not Place Conditions on Your Sobriety

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71	When All Else Fails, Follow Directions	105	There Are 12 Steps in The Ladder of Complete Sobriety
72	Count Your Blessings	106	Fear Is the Darkroom Where Negatives Are Developed
73	Share Your Happiness	107	Before Engaging Your Mouth, Put Your Mind in Gear!
74	Respect The Anonymity of Others	108	I Want What I Want When I Want It
75	Share Your Pain	109	There Is No Chemical Solution to A Spiritual Problem
76	Let Go of Old Ideas	110	Aa Is Not Something You Join, It's A Way of Life
77	Try To Replace Guilt with Gratitude	111	We Can Be Positive That Our Drinking Was Negative
78	What Goes Around, Comes Around	112	Spirituality Is the Ability to Get Our Minds Off Ourselves
79	Change Is a Process, Not an Event	113	Faith Is Spelled A-C-T-I-O-N
80	Take The Cotton Out of Your Ears and Put It in Your Mouth	114	Backsliding Begins When Knee-Bending Stops
81	Call Your Sponsor Before, Not After, You Take the First Drink	115	If I Think, I Won't Drink. If I Drink, I Can't Think
82	Sick And Tired of Being Sick and Tired	116	Bend Your Knees Before You Bend Your Elbow
83	It's The First Drink That Gets You Drunk	117	The First Step in Overcoming Mistakes Is to Admit Them
84	To Keep It, You Have to Give It Away	118	Formula For Failure: Try to Please Everyone
85	Man's Extremity Is God's Opportunity	119	Sorrow Is Looking Back; Worry Is Looking Around
86	The Price for Serenity and Sanity Is Self-Sacrifice	120	Willpower = Our Willingness to Use a Higher Power
87	One Alcoholic Talking to Another One Equals One	121	Aa Is an Education Without Graduation
88	Take What You Can Use and Leave the Rest	122	When Your Head Begins to Swell Your Mind Stops Growing
89	What If	123	A Journey Of 1,000 Miles Begins with The First Step
90	Yeah But	124	God = Good Orderly Direction
91	If only	125	Be As Enthusiastic About Aa as You Were About Your Drinking
92	Help Is Only a Phone Call Away	126	You Received Without Cost, Now Give Without Charge
93	Around Aa or In Aa ?	127	Humility Is Our Acceptance of Ourselves
94	You Can't Give Away What You Don't Have	128	Trying To Pray Is Praying
95	One Drink Is Too Many and Thousand Not Enough	129	Get It Give It Grow In It
96	KCB Keep Coming Back KCB	130	Faith Is Not Belief Without Proof but Trust Without Reservation
97	Anger Is but One Letter Away from Danger	131	We're Responsible for The Effort Not the Outcome
98	Courage To Change	132	This Is a Selfish Program
99	Easy Does It, But Do It	133	Ego = Edge God Out
100	Bring The Body and The Mind Will Follow	134	Keep Your Sobriety First to Make It Last
101	Accept Your Admission	135	I Drank: Too Much Too Often Too Long
102	Remember When	136	Aa Will Work If You Want It to Work
103	Dry And Tighten Up (Financially)	137	Minds Are Like Parachutes They Won't Work Unless They're Open
104	We Aa's Are 'Gifted' People	138	What You Hear and See Here, Stays Here

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139	Alcoholism Is the Only Disease That Tells You You're All Right	160	If Faith Without Works Is Dead; Then Willingness Without Action Is Fantasy
140	If You Turn It Over and Don't Let Go of It, You Will Be Upside Down.	161	When A Person Tries to Control Their Drinking, They Have Already Lost Control
141	An Aa Meeting Is Where Losers Get Together to Talk About Their Winnings	162	The Task Ahead of Us Is Never as Great as The Power Behind Us
142	Aa Is a School in Which We Are All Learners and All Teachers	163	Seven Days Without an Aa Meeting Makes One Weak
143	God Taught Us to Laugh Again but God Please Don't Let Us Forget That We Once Cried	164	You Are Not Required to Like It; You're Only Required to Do It
144	Serenity Is Not Freedom from The Storm but Peace Amid the Storm	165	When Wallowing in Your Self-Pity Get Off the Cross, We Need the Wood
145	Aa May Not Solve All Your Problems but It Is Willing to Share Them	166	We In Aa Don't Carry the Alcoholic; We Carry the Message
146	It Isn't the Load That Weighs Us Down It's The Way We Carry It	167	The Results Are in God's Hand
147	Principles Before Personalities	168	We Are Not Human Beings Having Spiritual Experiences; We Are Spiritual Beings Having Human Experiences
148	When You Do All the Telling You Only Learn What You Already Know	169	Remember Nothing Is Going to Happen Today That You and God Can't Handle
149	The 7 T's Take Time to Think the Thing Through	170	When Man Listens, God Speaks; When Man Obeys, God Works
150	There Are None Too Dumb for The Aa Program but Many Are Too Smart	171	Don't Watch The "Slippers" But Watch Those Who Don't Slip Closely and Watch Them Go Through Difficulties and Pull Through
151	We All Have Another Drunk Left in Us but, We Don't Know If We Have Another Recovery in Us	172	The 3 Ts of Gratitude to Repay Aa for Our Sobriety: Our Time, Our Talent, Our Treasure
152	To Be Forgiven We Must Forgive	173	It's A Pity We Can't Forget Our Troubles the Same Way We Forget Our Blessings
153	When We Surrender to Our Higher Power, The Journey Begins	174	Be Careful What You Pray For; You're Liable to Get It
154	The Person with The Most Sobriety at A Meeting Is the One Who Got Up Earliest That Morning	175	The Time to Attend a Meeting Is When You Least Feel Like Going
155	Knowledge Of "The Answers" Never Made Anyone Slip---It Was Failing to Practice "The Answers" Known	176	Work The Program from The Waist Up
156	H.A.L.T. = Hungry (H) Angry (A) Lonely (L) Tired (T)	177	Aa Is the Highest Priced Club in The World; If You Have Paid the Dues, Why Not Enjoy the Benefits ?
157	Fear Stands for Frustration, Ego, Anxiety, Resentment	178	The First Step Is the Only Step A Person Can Work Perfectly
158	The 12 Steps Tell Us How It Works; The 12 Traditions Tell Us Why It Works	179	The Will of God Will Never Take You Where the Grace of God Will Not Protect You
159	Aa Won't Keep You from Going to Hell, Nor Is It a Ticket to Heaven, But It Will Keep You Sober Long Enough to Make Up Your Mind About Which Way You Want to Go!	180	Your Big Book Is Your Sponsor Too

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181	Aa Never Opened the Gates of Heaven to Let Me In, Aa Did Open the Gates of Hell to Let Me Out	202	Living In the Here and Now
182	The Only Thing We Take from This World When We Leave Is What We Gave Away	203	How Does One Become An "Old-Timer" ? Don't Drink and Don't Die!
183	Time Wasted in Getting Even Can Never Be Used in Getting Ahead	204	Aa Spoils Your Drinking!!
184	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	205	Faith Is Our Greatest Gift; Its Sharing with Others Our Greatest Responsibility
185	Sobriety Delivers Everything Alcohol Promised	206	If You Want to Drink That Is Your Business , If You Want to Quit That Is Aa's Business
186	Possibilities And Miracles Are One in The Same	207	In A Bar, We Got Sympathy - As Long as Our Money Lasted. In Aa, We Get Understanding - For Nothing!
187	Get Out of The Driver's Seat Let Go and Let God	208	Even My Worst Day in Sobriety Is Better Than My Best Day Drunk
188	How = Honesty, Open-Mindedness, And Willingness	209	The Elevator Is Broken Use The Steps
189	Danger Sign: When Your Eyes Have Wandered from The Alcoholics Who Still Suffers and Needs Help To The Faults of Those Whom the Program Has Already Helped	210	Let It Begin with Me
190	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	211	When All Else Fails, The Directions Are in The Big Book
191	Slogans Are Wisdom Written in Shorthand	212	Trust God, Clean House, Help Others
192	Active Alcoholics Don't Have Relationships; They Take Hostages	213	Anonymity Is So Important It's Half of Our Name
193	Every Day Is a Gift That Is Why We Call It the Present	214	If We Don't Grow, We Got to Go
194	If You Find a Path with No Obstacles, It Probably Doesn't Lead Anywhere	215	All You Need to Start Your Own Aa Meeting Is a Resentment and A Coffee Pot!!
195	Every Recovery from Alcoholism Began with One Sober Hour	216	Religion Is for Those Who Fear God; Spirituality Is for Those Who Have Been to Hell and Back
196	Each And Every Alcoholic, Sober or Not, Teaches Us Some Valuable Lessons About Ourselves and Recovery	217	There Are No Atheists in Foxholes
197	We Had to Quit Playing God	218	Three Suggestions for Making an Aa Speech: 1.) Be Interesting 2.) Be Brief 3.)Be Seated
198	Don't Compare, Identify	219	When You Are a Sponsor, You Get Out of Yourself. If I Serve, I Will Be Served
199	Don't Intellectualize, Utilize	220	Why Recovery Never Ends: The Disease Is Alcoholism, Not Alcohol WASm!
200	Rule 62 Don't Take Yourself So Damn Seriously!!	221	The Aa Way of Life Is Meant to Be Bread for Daily Use, Not Cake for Special Occasions
201	Aa Has a Wrench to Fit Every Nut That Walks Through a Meeting Room Door		

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222	The Smartest Thing an Aa Member Can Say Is, "Help Me"	235	It Is Not the Experience If Today That Drives People Mad It Is the Remorse or Bitterness for Something Which Happened Yesterday and The Dread of What Tomorrow May Bring.
223	You Are Exactly Where God Wants You to Be	236	Slippers In Aa Use the RDP Revolving Door Policy
224	God Will Never Give You More Than You Can Handle	237	Pain Is the Touchstone of Spiritual Growth
225	Slow But Sure	238	God Has No Grand Kids
226	In Aa We Say A "Coincidence" Is A Miracle in Which God Chooses to Remain Anonymous	239	There Is a God and I Am Not It
227	It Takes the Good and Bad Aa Meeting The Good and Bad Aa Talk To Make This Fellowship "Work"	240	The Road to Disappointment (Resentment) Is Paved with Expectation
228	Give Time Time	241	Be Nice to Newcomers One Day They May Be Your Sponsor
229	Faith Is a Lighted Doorway, But Trust Is a Dark Hall	242	Denial Is Not a River in Egypt !
230	The Lesson I Must Learn Is Simply That My Control Is Limited to My Own Behavior, My Own Attitudes	243	Guilt Is the Gift That Keeps on Giving
231	The Aa Paradoxes:	244	The Flip Side to Forgiveness Is Resentments
	-- From Weakness (Adversity) Comes Strength	245	There Is No Magic in Recovery Only Miracles
	-- We Forgive to Be Forgiven	246	Fear Is the Absences of Faith
	-- We Give It Away to Keep It	247	Courage Is Faith That Has Said Its Prayers
	-- We Suffer to Get Well	248	Depression Is Anger Toward Inward
	-- We Surrender to Win	249	Alcoholics Heal from The Outside In But Feel from The Inside Out
	-- We Die to Live	250	3 A's in Aa - Affection (Thoughtfulness) - Attention (Listening) - Appreciation (Gratitude)
	-- From Darkness Comes Light	251	If It Is Meant to Be I Can't Stop It
	-- From Dependence We Found Independence		If It Isn't God's Will I Can't Make It Happen
232	Aa Works for People Who Believe in God	252	* Which Are You ? *
	-- Aa Works for People Who Don't Believe in God		.. There Are Aa Members Who Make Things Happen
	-- Aa Never Works for People Who Believe They Are God		.. There Are Aa Members Who Watch Things Happen
233	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 Aa Members Who Don't Know Anything Happened * Which Are You ? *
234	There Are Two Days in Every Week Which We Have No Control Over Yesterday And Tomorrow. Today Is the Only Day We Can Change.		