

Tool: Slogans and Wise Sayings

Slogans are wisdom conveyed in shorthand—a few simple words cleverly strung together. The messages they carry can be so wise and powerful, while their wit and simplicity make them easy to remember.

A slogan often sticks in our minds, making it easier for us to call up its wisdom when it is helpful to us. The subtle analogy found in some slogans can carry a message straight to our hearts. When we easily remember and recite a slogan, we can readily share it with other COSA members, offering hope and inspiration to anyone who needs encouragement.

Some slogans shine brightly for us. Others we might pick up and put back down, acknowledging their value for some COSA members, but not for us—at least not right now. We **“take what we need and leave the rest.”** Slogans leave room for our individual interpretations. We can find our own meaning in a slogan, or we may have a shared understanding with others. If one slogan doesn't fit for us, there's a good chance that another one will.

We learn about slogans from a variety of sources. We may encounter them in COSA readings or hear them in meeting shares. We sometimes inherit bits of wisdom from our sponsors and can pass them along to our sponsees.

Many of us have found creative ways not only to embrace slogans in our hearts, but also to incorporate them into our day-to-day environments. We may place them on our mirrors or computer screens as reminders, or blend our favorites into artwork that we hang on our walls. Some of us have slogans stamped onto jewelry to wear as a constant reminder or even tattooed onto a wrist. We might make bookmarks with the phrases we find the most helpful. Some of us have a slogan box from which we can pull a printed slogan to read every morning and focus on throughout our day.

Slogans keep us moving forward in times of despair. Their gentle nudges can give us the courage and hope we need when we are feeling triggered, emotionally reactive, or out of control. They can help redirect our thinking during times of conflict, indecision, or trauma. Slogans often bring us back to what is really important to us—our relationship with our Higher Power and our spiritual centeredness—reminding us that we are not alone.

Equipped with the slogans in our COSA toolbox, we can pick and choose which words of wisdom work for us at various times in our recovery. As the miracles of the program emerge in us, we can pass these precious, powerful words on to others. **“We have to give it away to keep it.”**

Slogans and Wise Sayings with Explanatory Text

The slogans and sayings compiled in this chapter do not represent a complete list of all COSA slogans. Some may be quotes adapted from popular culture that have become helpful program slogans for some of our fellowship, and some might not be considered to be slogans by all COSA members. The determination is up to the individual. In seeking to be as inclusive as possible, it is hoped that all COSA members can find phrases that give guidance in many recovery and life situations and challenges.

“HALT - Hungry, Angry, Lonely, Tired” reminds us to take care of ourselves. Sometimes we are so triggered, upset, or busy that we forget about our own needs. We may be distracted and so focused on **others** that we neglect **ourselves**. Some of us are still learning how to identify what we need or even recognize that we have needs. **“HALT”** helps us on our self-care journey by reminding us to take care of our most basic requirements. **We can ask ourselves**, “Am I hungry, angry, lonely, or tired?” If the answer is yes, we can then embrace the reminder and figure out what to do next for our self-care.

“Just do the next right thing.” “First things first.” When things feel uncertain and overwhelming, we can use **these** reminders to put one foot in front of the other. When we get too far ahead of ourselves, we can feel paralyzed by fear or doubt. **These** slogans remind us to face our **lives** in small increments and to be mindful of what is presently in front of us. **“Keep it simple”** is another slogan that reminds us not to overthink **a** situation.

“One day at a time.” The wisdom of this slogan helps many of us through times when pain and sadness engulf us and we don’t know how we can go on. When one day at a time is too much to consider, we focus on one minute, or even one breath, at a time, identifying only where we are today and putting aside our concerns about the future. **We can also use this slogan to remind us to stay present in joyful times, and to live mindfully with gratitude each day.** Taking life in small bites **can help** us better savor the delicate flavors of each moment.

“This too shall pass.” **The wisdom in these** simple words offers **us** hope. As COSA members in recovery, we may have experienced intense emotional pain and even trauma. This slogan reminds us that everything is temporary, including feelings; that we will get through our challenges; **and that we can look toward** better tomorrows.

“Feelings are not facts.” This slogan reminds us that our emotional responses may not be based **on** reality. If we start to immerse ourselves in crazy-making “what if” and “if only” thought processes, this reminder can help pull us out. We can learn to sit with our feelings and notice **the sensations** in our physical body. We can pray and meditate,

asking our Higher Power to help us see **what is truly real**. Recognizing that our brains can hijack us while trying to protect us helps us learn to allow our feelings to flow through us and dissipate.

Some acronyms allow us the creativity to choose for ourselves the words that resonate deep within our beings. **One** acronym with multiple meanings is “**FEAR**”:

“FEAR is - False Evidence Appearing Real.”

“FEAR - Face Everything And Recover.”

“FEAR - Fantasy Encourages Abandonment of Reality.”

“FEAR is - Forgetting Everything is All Right.”

Sometimes when we are afraid, we can forget that our Higher Power is always by our side. These phrases can help us turn worry or dread into productive thought processes, ground us in reality, and may help us act instead of feeling immobilized.

“Serenity is not peace after the storm but peace amid the storm.” Recovery is the boat that holds us as we weather the storm. We are learning that we cannot control those around us; people will do what they are going to do. When our own stormy feelings threaten our serenity, we can use our COSA tools and the Serenity Prayer to maintain a sense of peace and perspective even during times of anger and sadness. With help from our Higher Power and our COSA recovery, we are developing the courage and strength to face our challenges. We do not have to postpone joy as we work through our problems.

“Let go and let God.” The message of the Serenity Prayer, as well as much of our Step work, is succinctly captured in these five words. This reminds us to align our own will with our Higher Power’s will for us. Prior to recovery, we may have tried to fix every problem we came across. The lesson we learn in recovery, simply put in this slogan, is that when we develop the faith to turn our will and our lives over to our Higher Power, we find serenity and peace. Another variation on this saying is **“I can’t, God can, so I’ll let God”**; this reminds us of the first three Steps.

“Take the actions; let go of the results.” Sometimes we have trouble moving forward when we think ahead and try to second-guess how another person might respond or whether an outcome will be to our liking. We can’t control others and their reactions to us. Nor can we control how situations will play out for us as a result of our own decisions. This slogan guides us to do our own work and to let Higher Power take it from there. Otherwise, worry and indecision can stop us in our tracks. When we remember we’re not all-powerful and that there are many things we can’t control, it can be much easier to let go of outcomes and take action. This slogan reminds us to use our recovery tools, detach, set boundaries, and take care of ourselves. The people in our lives will react based on their own experiences and perceptions, and this is not our responsibility. We learn in COSA to step back and observe the results and accept “what is.”

“Live and let live.” This slogan advises us to focus on our own conduct, recovery, and lives. When we stop judging and criticizing others and instead practice tolerance, we become free to attend to our own needs and desires.

“An expectation is a premeditated resentment.”

“Expectations are resentments waiting to happen.”

We have no right to impose our expectations on another person. When we set goals for others, we are opening ourselves up to disappointment and even despair. These slogans also offer a healthy reminder to set aside the expectations we might have for another person’s recovery work. We are reminded not to expect something from someone who does not have it to give. We learn in COSA to pray for the clarity and strength to follow Higher Power’s will, rather than praying for our own specific desires and expectations.

“Resentment is like drinking poison and expecting someone else to die.” This saying reminds us that holding onto resentment harms us rather than the person or situation we resent. Refusing to forgive and remaining stuck in anger and blaming hinders our own recovery. This can be useful to remember, especially as we work Steps Four and Eight. We must take ownership of our own actions before we can fully heal and find peace in our lives.

“Ego is not my Amigo.”

“EGO - Edging God Out.”

These slogans offer us the powerful reminder to set our self-will and ego aside so that we may know Higher Power’s will for us.

“Humility is not thinking less of yourself but thinking of yourself less.”

“A little humble pie will never give you indigestion.”

“Higher Power is my source.”

The humility we develop in COSA helps us remember that our recovery is spiritual. We learn to humbly ask that our Higher Power’s will be done.

“GOD - Good Orderly Direction.”

“GOD - Grace Over Drama.”

“GOD - Grace Over Darkness.”

We can define this acronym in any way that spiritually suits us, just as we make our own decisions about the terminology we choose to describe our understanding of our Higher Power.

“Is it odd, or is it God?” As we learn to have faith in our Higher Power, we might come to believe that coincidences, or unusual or unexpected events, are spiritual reminders that our Higher Power is always with us. **“Rejection is God’s protection”** also helps

us remember that when things do not go our way, our Higher Power may be guiding us toward something better.

When we make a request to our Higher Power, we can expect one of **these** three replies: **“1. Yes. 2. Yes, but not right now. 3. No, because I have a better plan for you,”** or **“Yes; No; Wait.”** **These** valuable slogans help us remember to let go and trust that Higher Power is by our side, and that things will work out as they are supposed to.

“Progress not perfection.” Many of us spent our pre-recovery days striving to be perfect. After all, if we were perfect, we would have the perfect love, family, and work situation; and life **for us** would be perfect. We **are** learning in recovery that there is no such thing as perfection. When we expect ourselves to accomplish something perfectly, our unreasonable expectations might **stop** us from taking any action **at all**. When we fall short of our goal, which of course we will if our goal is perfection, we might **be hard on** ourselves and give up. By instead focusing on our progress, our goals become attainable, **and** we **can** celebrate our successes and **feel** motivated to keep going. We may use our mistakes and challenges as opportunities for growth, **thus** cutting the word “failure” out of our vocabulary. **We can then** joyfully anticipate what our Higher Power has in store for us. Other slogans with similar messages include:

“Perfection, procrastination, paralysis.”

“I have enough. I do enough. I am enough.”

“We are human beings, not human doings.”

“I am perfectly imperfect.”

“Stay on **my side of the street.”** In other words, mind **our** own business! Many of us have been avid caretakers for other people's problems. This slogan can serve as our reminder to set boundaries and emotionally detach from others' chaos. We can let them find their own guidance from their Higher Power. By focusing on ourselves, we **are** **empowered to practice self-care, live our own lives, and contribute** to our **own well-being**. We can do the most good on our own side of the street, the side on which our Higher Power resides. **“Stay in my own Hula-Hoop”** provides additional imagery that helps us recognize our own boundaries.

“Not my circus, not my monkeys.” Some slogans bring a smile to our face as they carry an invaluable message. The striking image of circus monkeys can bring to mind a lot of shenanigans and nonsense. We can embrace the lesson that we no longer have to be caught up in **chaotic** situations that steal our serenity.

“The Three Cs: I didn't Cause it, can't Control it, can't Cure it.” Many of us are learning in recovery that someone else's addiction and acting out behaviors are not ours, and we are powerless to change them, as hard as we might try. We don't have to carry the weight of the world around on our shoulders. **We are only responsible for ourselves.** Some of us contemplate a **Fourth C**, **“I can Contribute to it,”** reminding us that our

own unhealthy behaviors can enable an addictive dynamic to continue. When we try to control another's behavior by pushing or shaming them, we do ourselves and them a disservice. Each individual is responsible for working their own program. **"There's no reason to change if there's no reason to change"** reminds us that unless we move out of the way and cease our caretaking of others, we will impede the natural incentive for others to seek improvements in their lives. Similarly, we cannot expect others to rescue us from our own pain and addictive behavior. **"Bless them; change me"** opens our hearts to appreciating others as they are. For some of us, the **Fourth C** is **"I can Cope with it!"**

"If I am not the problem, I have no solutions." **"I can only fix problems that are my own."** In other words, we can stop trying to fix things for other people. We only have control over ourselves and our own problems. Sometimes we struggle to figure out which problems are ours, or when our involvement might actually be meddling. With the help of our Higher Power, we develop the **"wisdom to know the difference."** If we stop trying to fix or control others, we can let go, relax, and spend our precious moments taking care of ourselves.

"Detachment not amputation." Many of us are learning in recovery to stop caretaking and fixing. But when we detach, some of us go too far. In our attempts to cease interfering in another person's recovery or life experiences, we might refrain from any interaction or discussion at all, when offering our feedback or support might actually be helpful. Detachment is not abandonment, but this distinction can be difficult to gauge. In COSA, we learn to ask if feedback is desired, and we learn to accept a refusal, without judgment or facial grimaces. We can have respectful conversations with our loved ones, letting them know we care but that we are not invested in a particular outcome. We remember to **"Detach with love."** We can care enough about another person to allow them to learn from their mistakes while still accepting them, loving them, and wishing the best for them.

Some have found it helpful to use the phrase **"Do no harm"** as a reminder that our recovery work should not injure ourselves or others. Taking our **Fourth Step** inventory is not about beating ourselves up. And our **Ninth Step** amends are intended to free us from the bonds of past transgressions or flawed behaviors, but without causing collateral damage. We are also reminded that each Step of our recovery work occurs when we are ready and that our pace is gentle, not punishing or harmful to ourselves.

"No' is a complete sentence." Those of us who are people-pleasers have a hard time saying no. We don't want to let other people down. We're afraid they'll think poorly of us or even abandon us. This slogan can motivate us to set, enforce, and maintain healthy boundaries. It is not always necessary to provide an explanation when we want to respond with "No" to a request, even when we find ourselves fearful about how the other person will react. We know what is right for us, and that is enough. When we stop assuming

responsibility for others' feelings, we can respond with thoughtful choices rather than reacting from a place of fear and trying to please others.

“Your worth doesn't depend on another's opinion.”

“Others' opinions about me are none of my business.”

“Don't let someone else determine your value.”

“Keep the focus on myself.”

We can waste so much time and energy trying to please others, to the point where we ignore ourselves. These slogans are mighty reminders to shift the focus onto ourselves. We are precious human beings. We do not have to do or be anything to be worthy of love.

“Look back but don't stare.”

“It's OK to visit the past, just don't set up your tent.”

“Give up the need for a better past.”

Some slogans encourage us to use our prior mistakes as opportunities and lessons. When we ***“Accept the things we cannot change,”*** we are better able to let them go and move on. Many slogans provide a succinct and wise message to come to terms with our past and maybe even find gratitude for where we've been and where we are now.

“Worry doesn't prevent tomorrow's tragedies. It only steals today's joys.” When worry overwhelms us, this slogan can remind us to let it go so that we can joyfully embrace this one day. Other sayings that keep us focused on our life today include:

“Today is my day.”

“Keep your head where your feet are.”

“The joy is in the journey.”

“Say what you mean; mean what you say; don't say it mean.”

“THINK - Is it Thoughtful? Helpful? Inspiring/Informative/Insightful? Necessary? Kind?”

“How important is it?”

“Would I rather be right or happy?”

“Would I rather be right or relational?”

Some slogans offer messages to help us keep things in perspective as we interact with others. They can help us with our communication and point us toward a more spiritual life. If we have a tendency to react impulsively when we are feeling angry or afraid, these slogans can remind us to pause, to consider how powerful our words can be, and to respond gently and intentionally.

“Cultivate an attitude of gratitude.”

“It's hard to be hateful and grateful.”

The importance of gratitude and having appreciation for even the smallest gifts in our lives helps us **reframe our point of view**. Gratitude can keep us going in dark times and allow us to see a light glimmering at the end of the tunnel. **It can help us stay in the present moment, even if things are very difficult or challenging. When we're reminded of our blessings, we can adjust our attitude and shift our focus.**

"Patience takes patience."

"Don't just do something; sit there!"

Many of us are sometimes quick to want to jump into action. **Out of desperation resulting from past traumas, we may want to fix a situation before we take the time to problem-solve or develop a full awareness of it. We learn in recovery that if we move too quickly or try to force a solution, we may be pushing our own will and missing out on our Higher Power's will for us. But if we are patient and give ourselves the time and space to become aware, we will be better able to take action that is relevant, thoughtful, intelligent, and aligned with God's will for us. Higher Power may even resolve situations for us without any action on our part. Other slogans that encourage patience and pensivity include:**

"Time takes time."

"Change is a process, not an event."

"God is in the pause."

"The Three A's: Awareness, Aceptance, Action." This slogan can offer invaluable guidance when we are facing a challenge or anticipating a change. **It helps us remember to open our eyes and be patiently still, knowing that change is a process. We observe and become more aware, remembering not to judge ourselves or others. The Three A's teach us to consider the entire situation and to connect with our Higher Power before we take action.**

"Keep an open mind" and ***"Denial is not a river in Egypt"*** can help us when we find uncomfortable truths in our awareness. **As we allow light to shine into the darkness of confusion and discomfort, we can acknowledge our situation and work toward acceptance.**

Acceptance can be challenging for us, and we are asked to admit our powerlessness as early as Step One in our recovery work. **In time we become willing to embrace what is, even if we don't like it. This can require emotionally-charged work and is an important part of the grieving process. "Feel your feelings"** reminds us that we are allowed to acknowledge our feelings and our grief as we walk the path of recovery. **Numbing ourselves suppresses our feelings and directs us away from the work that needs to be done.**

"HOW - Honest, Open, Willing." When we are honest, we can be grounded in reality rather than **immersed** in denial. When we are open-minded we can more easily hear

and accept our Higher Power's will for us. When we are willing, we can find the courage to take the Steps necessary to our recovery. **"Willingness is the key"** and is essential for us to make progress in our recovery work, show up at meetings, and follow our sponsors' suggestions.

"You're only as sick as your secrets." This slogan reminds us about the importance of honesty. When we bring our secrets out of the darkness and into the light, they lose their power. We can begin this process by being honest with ourselves, and we continue to heal as we eventually share our Fifth Step with our Higher Power and our sponsor. While we guard the confidentiality of others, the anonymity we experience in COSA gives us the safety to share with honesty. We feel our shame diminish. COSA welcomes us into the sunlight!

"Insanity is doing the same thing over and over again and expecting different results."

"Don't go to the hardware store to buy bread."

"Nothing changes if nothing changes."

"Fake it 'til you make it."

"Act as if."

These slogans help us remember that in order to effect change, we must start somewhere. We will not experience lasting improvements in our lives if we do not take any action. If we continue with our same old approaches, or go to the same people who cannot fulfill our relationship needs, we will arrive at the same outcomes. These phrases can be particularly helpful to us in Step Six, when we experiment with new behaviors or thought processes so that we can become entirely ready to ask our Higher Power to guide us toward a life with healthier behaviors. **"You can't think your way into a new way of behaving; you have to behave your way into a new way of thinking."**

"I don't want you to save me; I want you to stand by my side." Many slogans give us clarity as we attend meetings, develop recovery relationships, and work the Steps with our sponsors or our Step groups. They often remind us why we entered recovery and that we are not alone. Other helpful sayings about staying the course in COSA unity include:

"If I quit, I will be right back where I started, and when I started, I was desperately wishing I was where I am now."

"Don't quit before the miracle happens."

"I am sick and tired of being sick and tired."

"I entered the rooms for someone else, and I stayed for myself."

"We all come in on different ships, but we're all in the same boat."

"CPR - Call, Pray, Read."

"It's a 'we' not a 'me' program."

Some slogans give us courage and determination to keep working our COSA program.

“Recovery is a journey, not a destination.”

“You don’t have to understand the Steps to work them; you have to work them to understand them.”

“The only wrong way to work the Steps is not to work them.”

“Keep coming back! It works if you work it, so work it — you’re worth it!” These powerful words bring many COSA meetings to a close. Recovery takes hard work and our dedication to the task can falter if the rewards are not evident. There’s not an instant cure for us, but when we see light in others’ recovery, we feel inspired to follow their example. And we learn to value ourselves. We are worth it!

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“Feelings are not facts.”

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“We are human beings, not human doings.”

“I am perfectly imperfect.”

Boundaries and Detachment

“Live and let live.”

“An expectation is a premeditated resentment.”

“Expectations are resentments waiting to happen.”

“Stay on my side of the street.”

“Not my circus, not my monkeys.”

“The Three Cs: I didn’t Cause it, can’t Control it, can’t Cure it.”

“Bless them; change me.”

“If I am not the problem, I have no solutions.”

“I can only fix problems that are my own.”

“Wisdom to know the difference.”

“‘No’ is a complete sentence.”

“I don’t want you to save me; I want you to stand by my side.”

“I entered the rooms for someone else, and I stayed for myself.”

“Detachment not amputation.”

“Take the actions; let go of the results.”

“Stay in my own Hula-Hoop.”

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“Live and let live.”

“Stay on my side of the street.”

“The Three Cs: I didn’t Cause it, can’t Control it, can’t Cure it.”

“Bless them; change me.”

“I don’t want you to save me; I want you to stand by my side.”

“Stay in my own Hula-Hoop.”

Dealing with Chaos and Challenges

*"First things first."
"Just do the next right thing."
"Keep it simple."
"One day at a time."
"This too shall pass."
"Serenity is not peace after the storm but peace amid the storm."
"Let go and let God."
"Progress not Perfection."
"Stay on my side of the street."
"Not my circus, not my monkeys."
"Rejection is God's protection."
"'No' is a complete sentence."
"The Three A's: Awareness, Acceptance, Action."
"Keep an open mind."
"Change is a process, not an event."
"Insanity is doing the same thing over and over again and expecting different results."
"Don't go to the hardware store to buy bread."*

Denial

*"Keep an open mind."
"Denial is not a river in Egypt."
"HOW - Honest, Open, Willing."
"Rejection is God's protection."
"There's no reason to change if there's no reason to change."
"The only wrong way to work the Steps is not to work them."
"We will not regret the past nor wish to shut the door on it."*

Ego

*"Ego is not my Amigo."
"EGO - Edging God Out."
"A little humble pie will never give you indigestion."
"Humility is not thinking less of yourself but thinking of yourself less."
"Your worth doesn't depend on another's opinion."
"Others' opinions about me are none of my business."
"Don't let someone else determine your value."
"I have enough. I do enough. I am enough."*

Fear

*"FEAR is False Evidence Appearing Real."
"FEAR - Face Everything And Recover."
"FEAR - Fantasy Encourages Abandonment of Reality."
"FEAR is Forgetting Everything is All Right."
"Feelings are not facts."
"Just do the next right thing."
"I have enough. I do enough. I am enough."
"Higher Power is my source."*

Feelings

*"Feel your feelings."
"Feelings are not facts."*

Focusing on Ourselves

*"Live and let live."
"Your worth doesn't depend on another's opinion."
"Others' opinions about me are none of my business."
"Don't let someone else determine your value."
"HALT - Hungry, Angry, Lonely, Tired."*

*"Stay on my side of the street."
"I don't want you to save me; I want you to stand by my side."
"Stay in my own Hula-Hoop."
"Keep the focus on myself."*

Gratitude

*"Cultivate an attitude of gratitude."
"We will not regret the past nor wish to shut the door on it."
"Rejection is God's protection."
"It's hard to be hateful and grateful."
"One day at a time."
"The joy is in the journey."*

Healthy Communication

*"Do no harm."
"No' is a complete sentence."
"Say what you mean; mean what you say; don't say it mean."
"THINK - Is it Thoughtful? Helpful? Inspiring/Informative/Insightful? Necessary? Kind?"
"How important is it?"
"Would I rather be right or happy?"
"Would I rather be right or relational?"
"Stay on my side of the street."
"Keep an open mind."*

Higher Power's Presence

*"Is it odd, or is it God?"
"GOD - Good Ordery Direction."
"GOD - Grace Over Drama."
"GOD - Grace Over Darkness."
"God is in the pause."
"Higher Power is my source."*

Higher Power's Will for Us

*"Let go and let God."
"1. Yes. 2. Yes, but not right now. 3. No, because I have a better plan for you."
"Yes; No; Wait."
"I can't, God can, so I'll let God." or "I can't, God can, so I'll let Him (Her) (Them)."
"Rejection is God's protection."
"EGO - Edging God Out."*

Honesty

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"You're only as sick as your secrets."
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Humility

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Impulsivity

*"Say what you mean; mean what you say; don't say it mean."
"THINK - Is it Thoughtful? Helpful? Inspiring/Informative/Insightful? Necessary? Kind?"
"How important is it?"*

*"Would I rather be right or happy?"
"Would I rather be right or relational?"*

Letting Go of Outcomes

*"Let go and let God."
"Take the actions, let go of the results."
"Live and let live."
"An expectation is a premeditated resentment."
"Expectations are resentments waiting to happen."
"Resentment is like drinking poison and expecting someone else to die."
"Stay on my side of the street."
"Not my circus, not my monkeys."
"The Three Cs: I didn't Cause it, can't Control it, can't Cure it."
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"Yes; No; Wait."
"I can't, God can, so I'll let God." or "I can't, God can, so I'll let Him (Her) (Them)."*

Not Trying to Save or Fix Others

*"Live and let live."
"An expectation is a premeditated resentment."
"Expectations are resentments waiting to happen."
"Stay on my side of the street."
"The Three Cs: I didn't Cause it, can't Control it, can't Cure it."
"Bless them; change me."
"I don't want you to save me; I want you to stand by my side."
"Stay in my own Hula-Hoop."
"A Fourth C: I can Contribute to it."
"There's no reason to change if there's no reason to change."
"A Fourth C: I can Cope with it."
"Keep the focus on myself."*

Pain and Sadness

*"One day at a time."
"This too shall pass."
"Feel your feelings."*

Patience

*"Patience takes patience."
"Don't just do something; sit there!"
"Time takes time."
"Change is a process, not an event."
"God is in the pause."
"Rejection is God's protection."*

Perfection

*"Progress not perfection."
"Perfection, procrastination, paralysis."
"I have enough. I do enough. I am enough."
"We are human beings, not human doings."
"I am perfectly imperfect."*

"Recovery is a journey, not a destination."

"Take the actions; let go of the results."

Resentments

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"Live and let live."

"Look back but don't stare."

"Give up the need for a better past."

"Keep the focus on myself."

Self-care

"HALT - Hungry, Angry, Lonely, Tired."

"Take the actions, let go of the results."

"Keep the focus on myself."

Self-love

"Your worth doesn't depend on another's opinion."

"Others' opinions about me are none of my business."

"Don't let someone else ~~who doesn't know you~~ determine your value."

Service

"We have to give it away to keep it."

Staying in the Present Moment

"First things first."

"Just do the next right thing."

"Keep it simple."

"One day at a time."

"Worry doesn't prevent tomorrow's tragedies. It only steals today's joys."

"Today is my day."

"Keep your head where your feet are."

"The joy is in the journey."

"It's OK to visit the past, just don't set up your tent."

"Give up the need for a better past."

"1. Yes. 2. Yes, but not right now. 3. No, because I have a better plan for you."

"Yes; No; Wait."

"The Three A's: Awareness, Acceptance, Action."

"Feel your feelings."

"HOW - Honest, Open, Willing."

Step One

"The Three A's: Awareness, Acceptance, Action."

"Keep an open mind."

"Denial is not a river in Egypt."

"HOW - Honest, Open, Willing."

"The only wrong way to work the Steps is not to work them."

Step Two

"GOD - Grace Over Drama."

"GOD - Grace Over Darkness."

"Is it odd, or is it God?"

"Insanity is doing the same thing over and over again and expecting different results."

"Higher Power is my source."

Step Three

"Let go and let God."

"I can't, God can, so I'll let God." or "I can't, God can, so I'll let Him (Her) (Them)."

Step Four

"Resentment is like drinking poison and expecting someone else to die."

"Do no harm."

"HOW - Honest, Open, Willing."

"Progress not perfection."

Step Five

"You're only as sick as your secrets."

Step Six

"Willingness is the key."

"HOW - Honest, Open, Willing."

"Insanity is doing the same thing over and over again and expecting different results."

"Don't go to the hardware store to buy bread."

"Nothing changes if nothing changes."

"Act as if" or "Fake it till you make it."

"You can't think your way into a new way of behaving; you have to behave your way into a new way of thinking."

Step Seven

"EGO - Edging God Out."

"A little humble pie will never give you indigestion."

"Humility is not thinking less of yourself but thinking of yourself less."

Step Eight

"Resentment is like drinking poison and expecting someone else to die."

"HOW - Honest, Open, Willing."

"It's hard to be hateful and grateful."

"Willingness is the key."

Step Nine

"Do no harm."

Step Ten

"One day at a time."

"The Three A's: Awareness, Aceptance, Action."

Step Eleven

"1. Yes. 2. Yes, but not right now. 3. No, because I have a better plan for you."

"Yes; No; Wait."

"GOD - Good Ordery Direction."

"Higher Power is my source."

"I can't, God can, so I'll let God." or "I can't, God can, so I'll let Him (Her) (Them)."

Step Twelve

"We have to give it away to keep it."

Taking Action

"The Three A's: Awareness, Aceptance, Action."

"Insanity is doing the same thing over and over again and expecting different results."

"Don't go to the hardware store to buy bread."

"Nothing changes if nothing changes."

"Act as if" or "Fake it till you make it."

"Willingness is the key."

"You can't think your way into a new way of behaving; you have to behave your way into a new way of thinking."

"There's no reason to change if there's no reason to change."

"Keep coming back! It works if you work it, so work it—you're worth it!"

"Recovery is a journey, not a destination."

"You don't have to understand the Steps to work them; you have to work them to understand them."

"The only wrong way to work the Steps is not to work them."

"Take the actions, let go of the results."

"Progress not perfection."

"Perfection, procrastination, paralysis."

"Don't quit before the miracle happens."

Unity vs. Being Alone

"I don't want you to save me; I want you to stand by my side."

"If I quit, I will be right back where I started, and when I started, I was desperately wishing I was where I am now."

"I am sick and tired of being sick and tired."

"I entered the rooms for someone else, and I stayed for myself."

"We all come in on different ships, but we're all in the same boat."

"It's a 'we' not a 'me' program."

"Principles before personalities."

"CPR - Call, Pray, Read."

Worry

"Worry doesn't prevent tomorrow's tragedies. It only steals today's joys."

"Serenity is not peace after the storm but peace amid the storm."

NOTE: The entries in this index could ultimately refer back to the page numbers where the explanatory text for each slogan can be found.