

## 12 Step Slogans

Just for today  
Easy does it  
Feelings aren't facts  
Keep coming back  
Don't act out - make a meeting  
This too shall pass  
Learn to listen; listen to learn  
Identify with the feelings; don't  
compare acting out techniques or  
stories  
Get a sponsor and use 'em  
Once is too many; a thousand never  
enough  
We are egomaniacs with low self-  
esteem  
Some are sicker than others  
Take what you need; leave the rest  
Every clean day is a successful day  
One day at a time  
Keep coming back  
It's about change  
Our disease wants us dead; but it  
will settle for us being miserable  
HALT - Hungry, Angry, Lonely, Tired  
HOW -Honesty, Open-mindedness,  
Willingness  
It works if you work it, so work it,  
you're worth it and live it  
Put gratitude in your attitude  
Principles before personality  
No new relationships in the first  
year  
We cannot afford resentments  
Share, share, share  
Don't quit; surrender  
Keep the focus on yourself  
You can't keep it unless you give it away  
Give yourself a break; you deserve it  
You're in the right place  
You're right where you're supposed to be  
Sit up front  
Every clean day is a miracle  
Keep the focus on yourself  
If you've got a problem and you act out,  
then you've got 2 problems  
Service keeps you sober

Let us love you until you learn to  
love yourself  
An addict alone is in bad company  
KNIHT (THINK backwards)  
Don't leave 5 minutes before the  
miracles start  
Surrender to your disease  
FEAR: Face Everything And Recover  
Let go and let God  
GOD: Good, Orderly Direction  
Keep it simple  
We didn't get high acting out; we got  
low  
Get humble before you get humiliated  
Sick and tired of being sick and tired  
Beware of People, Places and Things  
Take the cotton out of your ears, and  
put it in your mouth  
Get a phone number at every meeting  
Stick with the winners  
Look out for a sponsor  
Give time time  
Get a home group  
Get out of your own way  
The therapeutic value of one addict  
helping another is without parallel  
You don't have to act out, no matter  
what  
Dealing with life on life's terms  
Abstinence does not equal recovery  
There are no more excuses  
Meeting makers make it  
First things first  
We have a choice  
Dial them, don't file them  
When you point the finger at someone  
else, four are pointing back at you  
Don't should on yourself  
This is a spiritual, not a religious  
program  
Addiction is a physical, mental and  
spiritual disease  
We acted out to live and lived to act  
out  
Those who do not remember the past  
are doomed to repeat it