

“Today I have more solutions than problems.”

A few slogans, courtesy of AA

(All slogans do not fit all situations; use when helpful.)

1. This, too, shall pass.
2. Expect miracles.
3. I can't, God can, I think I'll let God
4. We are only as sick as our secrets.
5. Sponsors (mentors): have one use one be one.
6. More will be revealed.
7. You will be amazed.
8. Before you say I can't, say I'll try.
9. Don't quit before the miracle happens.
10. God is never late. It takes time.
11. You are not alone.
12. Use the 24-hour plan.
13. Make use of the telephone therapy.
14. Look for the similarities rather than differences.
15. When all else fails, follow directions.
16. Share your pain.
17. Let go of old ideas.
18. Try to replace guilt with gratitude.
19. Man's extremity is God's opportunity.
20. What if.....
21. Yeah but.....
22. If only.....
23. Easy does it, but DO it.
24. Bring the body and the mind will follow.
25. Fear is the darkroom where negatives are developed.
26. I want what I want when I want it.
27. Faith is spelled a-c-t-i-o-n.
28. Formula for failure: try to please everyone.
29. Willpower=our willingness to use a Higher Power.
30. G.O.D.=Good Orderly Direction.
31. You received without cost, now give without charge.
32. Humility is our acceptance of ourselves.
33. Trying to pray is praying.
34. We're responsible for the effort not the outcome.
35. Serenity is not freedom from the storm but peace amid the storm.
36. It isn't the load that weighs us down--it's the way we carry it.
37. If faith without works is dead; then willingness without action is fantasy.
38. The task ahead of us is never as great as the Power behind us.
39. The results are in God's hands.
40. We are not human beings having spiritual experiences; we are spiritual beings having human experiences.
41. Remember nothing is going to happen today that you and God can't handle.
42. Be careful what you pray for; you're liable to get it.
43. The will of God will never take you where the grace of God will not protect you.
44. Slogans are wisdom written in shorthand.
45. If you find a path with no obstacles, it probably doesn't lead anywhere.
46. Don't compare---identify.
47. Intolerance= Contempt, prior to investigation.
48. A coincidence is a miracle in which God chooses to remain anonymous.
49. Give time time.
50. I can do something for 24 hours that would appall me if I had to keep it up for a LIFETIME.
51. Pain is the touchstone of spiritual growth.
52. The road to resentment is paved with expectation.
53. Guilt is the gift that keeps on giving.
54. Courage is faith that has said its prayers.
55. Try to be grateful and resentful at the same time, you can't serve two masters.
56. Write a gratitude list
57. We have a choice.
58. You don't have to wait till the basement to get off the down elevator.
59. Don't let unpleasant people rent space in your head.
60. It gets better.
61. Sorrow shared is halved; joy shared is doubled.
62. I don't always know what God's will is for me, but I always know what it's not.
63. Today I have more solutions than problems.
64. If God is your co-pilot, switch seats.
65. Don't go in your head alone. It's a dangerous neighborhood.
66. God grant me patience. Right now.
67. Don't try to clear away the wreckage of the future.
68. When the student is ready, the teacher appears.