

SLOGANS AND PHRASES HEARD AT 12 STEP MEETINGS

1. Expectations are premeditated resentments.
2. Expectations are resentments under construction.
3. FAT: Feeling Always Terrible.
4. God cannot drive a parked car.
5. God will not do for me what I can do for me: **PUT THE FORK DOWN.**
6. GOD: Good Orderly Direction.
7. Happy, joyous, and free!
8. I am allergic to Sugar; I break out in fat.
9. I do not eat paint, Styrofoam or sugar, and I don't envy anybody that does.
10. I have resigned from the debating society.
11. I want what I want when I want it!!!
12. If it works, don't fix it.
13. Keep coming back.
14. KISS: Keep It Simple Sweetie.
15. Let go or get dragged!
16. Let it begin with me.
17. Misery is optional.
18. More will be revealed....
19. My best thinking got me into OA.
20. Nothing will wreck a binge like OA.
21. OA is not a diet and calories club.

22. OA is spoken here.
23. One step at a time.
24. Ours is a spiritual program, not a religious program.
25. Patience. Prayer. Persistence. Perseverance. Progress. Process.
26. Pause when agitated or doubtful... AA
27. Perfectionism is paralysis.
28. Pray as if your life depended on it.
29. RESENTMENTS: Holding People Accountable To Expectations They Can't Accomplish.
30. Resentment is the number one offender.
31. Restless, irritable and discontent...unless we can experience a Power greater than ourselves who can relieve us of our compulsion.
32. Self will run riot.
33. Self-seeking will slip away.
34. Stop. Think. Pray.
35. Suit up and show up.
36. Take what you like and leave the rest.
37. The 12 steps are simple, but not easy.
38. The "ism" of alcoholism: I. Self. Me.
39. The sunlight of the spirit....
40. There is a solution.
41. The time is now.
42. The Twelve Steps are a way of life.
43. This too shall pass.

44. Trust in God and clean house.
45. Trust the process.
46. We are going to know a new freedom and a new happiness.
47. We have a terminal illness.
48. We made a decision.
49. We were never meant to recover alone.
50. We will lose interest in selfish things and gain interest in our fellows.
51. We will suddenly realize that God is doing for us what we could not do for ourselves.
52. We will comprehend the word serenity and we will know peace.
53. We will *intuitively* know how to handle things, which used to baffle us.
54. We will not regret the past nor wish to shut the door on it.
55. We would worry less about what others think of us; if we realized how seldom they do.
56. Wear your recovery not your disease.
57. What others think of me is none of my business. What I think of me is none of my business. What GOD thinks of me is my business.
58. What used to be a hunch or an occasional inspiration gradually becomes a working part of the mind. AA
59. When in doubt, don't.
60. When the student is ready the teacher appears.
61. Whoever got up earliest this morning has the most abstinence today.
62. Whom you see here, what you hear here, when you leave here, let it stay here.
63. Why worry, when you can pray?
64. We are as sick as your secrets.

65. We don't have to be perfect- just willing.
66. You have to WANT recovery not need it.
67. You spot it, you got it.
68. You may be the only copy of the Big Book someone ever reads.
69. Your tissues hold your issues.
70. The will of HP will not lead you to where the grace of HP cannot protect you.
71. A slipping halo becomes a noose.
72. BINGE: Because I'm Not Good Enough.
73. Just for Today.
74. One Day at a Time.
75. Do you want Relief or recovery?
76. EGO: Edging God Out
77. Faith without works is dead.
78. FEAR: Face Everything and Recover.
79. FEAR: False Evidence Appearing Real.
80. Happiness is not having what you want, but wanting what you have.
81. HOW: Honesty, Open mindedness and Willingness
82. I came for the vanity and stayed for the sanity.
83. If you're too busy to go to a meeting, you're too busy!
84. Let Go and Let God/HP
85. Life on life's terms.
86. Listen to the message: do not judge the messenger.
87. Meeting makers make it.

88. Not my will, but Thy will be done.
89. NUTS: Not Using The Steps
90. One bite is too many, a thousand is not enough.
91. Let us love you until you can love yourself.
92. Progress, not perfection.
93. Tears are liquid fat.
94. The shortest way out is always through.
95. This too shall pass.
96. Walk the talk.
97. Welcome to OA. Welcome home!
98. When in doubt, leave it out.
99. Action, not Reaction
100. An Attitude of Gratitude
101. Before OA, I judged myself by my Intentions, while the world was judging me by my Actions.
102. Relapse is not contagious: Recovery is.
103. Don't compare your insides with someone else's outsides.
104. Failure is not falling down: it is in not getting up.
105. HALT: Don't let yourself get too Hungry, Angry, Lonely, or Tired.
106. If HP is my co-pilot, I need to change seats.
107. Act your way into Right Thinking; don't try to Think your way into Right acting.
108. It's about the food, until it's not about the food.
109. Plan your work, work your plan; but leave the results up to HP.

110. Put the fork down.
111. Recovery: a journey, not a destination.
112. The elevator is broken; take The Steps!
113. This is not a warm-up. This is the main event.
114. WAIT! Why am I Talking.
115. Carry the message, not the mess.
116. Don't tease the disease.
117. It's the first car of a train that kills you- not the caboose.
118. You don't need to "find God"; He isn't lost.
119. The Steps keep us from suicide; the Traditions keep us from homicide.
120. Don't speak unless you can improve on silence.
121. Action—not reaction.
122. Minds are like parachutes; they do not work unless they are open.
123. PUSH: Pray until something happens.
124. Nothing tastes as good as abstinence feels.
125. Share it or wear it.
126. We are as sick as our secrets.
127. Think!