

Twelve Step Themes/Mantras/Slogans:

|                                  |                                |                             |
|----------------------------------|--------------------------------|-----------------------------|
| Believe Perceive Achieve         | Happy Joyous and Free          | Wilson Smith University     |
| Higher Powered                   | Precious and Free              | Protected by Smith & Wilson |
| Give up Fess up Clean up Step up | The Courage to Change          | Keep Coming Back            |
| Twelve and Twelve                | I Plan, God Laughs             | God Is My Copilot           |
| One Day at a Time                | Got Steps?                     | ALL THIS & Sober Too        |
| Came to Believe                  | Easy Does It - But Do It!      | I'm A Miracle               |
| Serenity Courage Wisdom          | Friend of Bill W               | RELAX - God Is In Charge    |
| Let Go Let God This              | First Things First             | Expect Miracles             |
| Too Shall Pass                   | Together We Can                | Turn It Over                |
| Think Is My Drink                | Unity Service Recovery         | You Are Not Alone           |
| Live and Let Live                | Let Go Or Get Dragged          | God's Kid                   |
| Work In Progress In              | Powerless Not Helpless         | Do It Sober                 |
| God We Trust Good                | 12 Steps From Insanity 12      | Do It Clean                 |
| Clean Fun                        | Steps & 12 Promises            | This Too Shall Pass         |
| What You Resist Persists         | I Can't, God Can, I'll Let Him | Recovery Is Not For Sissies |
| It Starts With The First Step    | Im Too Good for Drugs          | Survivor                    |
| Clean & Sober Clean &            | Sobriety Rocks!                | Carpe Diem                  |
| Crazy! Clean & Classy            | Attitude of Gratitude          | Everyday A New Beginning    |
| Just for Today But For the       | Everyone Matters               | Grateful I'm Not Dead       |
| Grace of God                     | Turn It Over                   | Embrace The Journey         |
| Thou Shalt Not Snivel            | To Thine Own Self Be True      | Just For Today              |
| I Need a Meeting!                | God Answers Knee Mail          | Courage To Change           |
|                                  | Miracles Happen                | Drop The Rock               |

Drugs Are Retarded Don't Get Started

Don't Take Yourself Too Seriously

It Takes More Than Soap To Stay Clean

Be Patient, God's Not Finished With Me Yet

I Finally Got A Grip When I Learned To Let Go

The Monkey Is Off My Back But The Circus Is Still In Town

G. O. D. = Group Of Drunks or Good Orderly Direction

S.O.B.E.R. = Son Of A Bitch Everything's Real

S.L.I.P. Sobriety Losing It's Priority

H.O.P. E. = Having Ongoing Positive Encouragement

A.B.U.S.E. = Any Behavior Undermining Sacred Existence

F.E.A.R. = Future Events Appearing Real

F.E.A.R. = Forever Avoiding Risks

N.E.W. = Nothing Else Works

N.O.W. = No Other Way

Q.T.I.P. Quit Taking It Personally

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From Hurting to Healing to Helping

Live Simply That Others May Simply Live In

Emergency Take The Steps

Trudging The Road Of Happy Destiny

God is Doing What We Cannot Do for Ourselves The

Journey of a 1000 Miles Begins with a Single Step

P.O.S.H. = Peace Optimism Simplicity Health

P.M.S. = Poor Me Syndrome

D.E.N.I.A.L. = Don't Even Notice I'm Lying

H.A.L.T. = Hungry Angry Lonely Tired

T.R.U.S.T. = Try Relying On Step Three

F.E.A.R. = False Evidence Appearing Real

F.E.A.R. = Frustration Ego Anxiety Resentment

F.R.O.G. Fully Relying On God

E.G.O. = Edging God Out

H.O.W. = Honest Open Willing