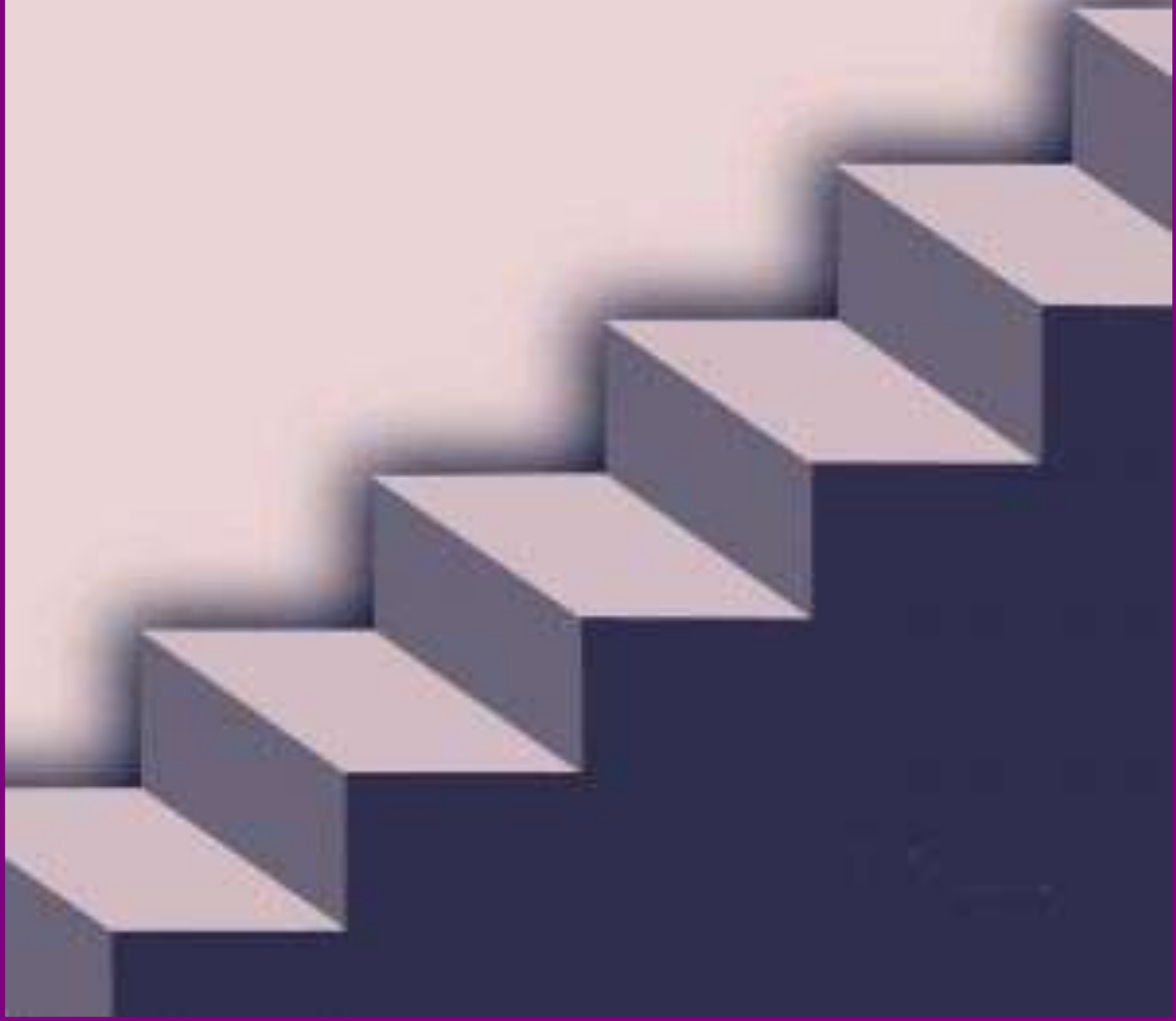


**Unofficial AA
Sayings -
An Anthology**

**provided by
Midweek Recovery
Group Newbury**

Alcoholics Anonymous



Alcohol found me...



**I provided the
Incredibly
Self-centered
Me**

R. H. SMITH, M. D.

2ND NATIONAL BLDG.

AKRON, OHIO

TELEPHONE: HE-8523

REG. NO.

R

FOR alcoholics

ADDRESS

DATE

Feb 1937

Always remember it

- 1. Trust God
- 2. Clean house
- 3. Help others



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M. D.

"At one time I told God to go to hell but He stayed where He was and I went instead"

"engage your brain before you open your mouth and put it in gear"

"When you are living inside someone else's head, YOU are out of your mind "

"I know I'm an alcoholic because I have a low tolerance for reality."

"I know I'm allergic to alcohol because every time I drink, I break out in handcuffs."

"Alcohol gave me wings and then took away the sky."

"Man's extremity is God's opportunity"

"I only drank on special occasions, like the grand opening of a pack of cigarettes."

"Alcoholism comes in people not in bottles."

"It's the first drink that does the damage."

"Its not alcoholwasm its alcoholism"

"Remember, once you're a pickle, you can never be a cucumber again."

"An excuse is nothing more than a thin skin stretched over a bald faced lie."

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

"All my refusals to work the steps are answered in step one"

" Alcoholic drinking's three stages: impulsive, compulsive, repulsive. "

"Even if you remove all the rum from a fruitcake, you still have a fruitcake"

"No matter where I go - there I am"

"Thank God for Alcoholics Anonymous and thank Alcoholics Anonymous for God."

"My best thinking got me drunk."

"Poor me, poor me, pour me a drink! "

"The wreckage of the past is environmentally safe and bio-degradable."

"A bored alcoholic is a self centered alcoholic"

Step One is God help me"

"If you let "God" drive you out of the rooms, God - if you are lucky will let alcohol drive you back in "

"If God seems far away - guess who moved"

"There is a GOD and I am not it."

"Oh God Why me? Why not you?"

"If God brings you to it, He will bring you through it"

"I spent a lifetime in hell and it only took me twelve steps to get to heaven."

"I don't thank God for opening the gates of Heaven and letting me in, I thank God for opening the gates of Hell and letting me out"

"God forgives in an instant, but character building is a lifetime proposition."

"We came to these rooms not because we drank a lot, but because we drank at all."

"We have good news and bad news here. The good news is you never have to drink again - The bad news is that we're your new friends."

"I am the black sheep of the family. I came to Alcoholics Anonymous and found the rest of the flock."

"I came for my drinking and stayed for my thinking."

"In the beginning, it wasn't the parts of the book that I DIDN'T relate to that worried me... it was the parts of the book that I DID"

"If I Forget 'What' I am, It doesn't Matter 'Who' I am."

"Look for the similarities - not the differences."

"The first thing you put ahead of your sobriety will be the second thing you lose."

"I tried to contain myself but I escaped."

"Recovery is not something you get, it's something you work for."

"I only have to change one thing - everything."

"We may not have it all together, BUT together we have it ALL"

"Pain is in the resistance."

"Failures keep You Humble, Success keeps You growing, But Only God keeps You Going"

"One day at a time".

"If I don't go to meetings, I don't hear what God wants me to hear"

"Don't drink and go to meetings".

"If we all get more out of AA than we put in - Who is making up the difference ?"

"Concerning the Big Book - just read the black bits"

"Stick with the winners and win with the stickers".

"It's easy to talk the talk but you have to walk the walk! "

"Denial is not a river in Egypt"

"Get an attitude of gratitude"

"The only normal people are the one's you don't know very well."

"Fake it till you make it"

"Its not old behavior if you are still doing it"

"Minds are like parachutes. They only function when they are open."

"It's not what I know in recovery that keeps me sober. It's what I do that keeps me sober."

"God helps those who help themselves - do nothing and nothing will happen"

"Without God I can't. Without me, He won't. "

"There is no such thing as a bad AA meeting - BUT Some are better than others"

"I do not like to pray everyday, so I'll just pray on days that end in Y"

"I know God will not give me anything I can't handle. I just wish that He didn't trust me so much"

"God Listens to Knee Mail"

"God never closes one door without opening another, but sometimes He makes us wait in the hallway..."

"We might as well " Let Go and Let God " because in the end He is going to do it anyway."

" Keep coming back; it works if you work it"

"There but for the Grace of God go I".

"Resentment is a poison I drink to kill other people"

"Happiness is appreciating what you have, not getting what you want."

"If I don't change my sobriety date will"

"Those who abandon their dreams will discourage yours"

"We can no longer be content with just getting by."

"Would you like to be right or happy?"

"Serenity is not the absence of conflict, but the ability to cope with it."

"Yesterday is history, tomorrow's a mystery, and today is a gift, that's why its called the present "

"Sorrow looks back; Worry looks ahead; Faith looks up"

"Sobriety is its own reward."

"I searched for the enemy that I could not see, when I looked in the mirror the enemy was me."

"Today is the tomorrow you worried about yesterday so live in the now"

"Spiritual Awakenings often come in rude awakenings, so you'd better pay attention"

"If the path you are on has no obstacles, then it probably doesn't lead anywhere. "

"It is when you act with faith that you actually have it."

"Our worst day sober is better than our best day drunk"

"You know you'll be back, so why don't you just stay?"

"Anger is only one letter away from Danger"

"Anything an alcoholic lets go of has claw marks all over it."

"You can live a perfectly normal life, as soon as you realize your life will never be perfectly normal"



**The kitchen table from Clinton Street where Ebby and Bill sat in November 1934 for that momentous meeting which changed all our lives...
*(Currently at Stepping Stones)***



A replica phone and church directory, put in place at the Mayflower Hotel (currently a hostel) in Akron by AA, to commemorate that life changing phone call.

"Just because you are having a bad day, doesn't mean you are having a bad life"

"Insanity is repeating the same mistake and expecting a different outcome"

"Expectations are resentments under construction."

"Things aren't necessarily going wrong just because they're not going my way"

"Any fool can criticize, and many of them do. "

"People who think they know it all are really irritating to those who do "

"Utilize don't analyze"

"The person who forgets is doomed to repeat."

"Anger is the wind that blows out the candle of the mind"

"Attitudes are contagious... Is yours worth catching?"

"Take the programme seriously but not yourself"

"My definition of balance is being able to obsess equally in all areas of my life."

"Looking for a relationship in AA is like looking for a car in a junkyard"

"Just because you have pain, doesn't mean you have to be one. "

"When you point a finger at someone, there are three pointing back at you."

"I'm not in the results business. I'm in the efforts business. s.l.i.p. = Sobriety Lost Its Priority"

"It's the second meeting that's the important one."

"if your knees knock - kneel"

"You don't have to see the whole staircase at once, just the first step, one step at a time."

"The minute I take control that's when I lose control."

"Don't leave the meeting 5 minutes before the miracle happens"

"A resentment is hurting yourself with the hope that someone else will feel the pain."

"Beneath every skirt, there is a slip"

"I am powerless but not helpless."

"Take care of the little things, the bigger things are easier to handle"

"Success is getting up after you fall down."

"Wisdom is knowledge you learn after you know it all."

"I'll always have another drink in me - but I may only have one recovery "

"Serenity is what we get when we quit hoping for a better past."

"Prayers: You need the practice, and I need the prayers"

"90% of our aggravations are caused by our own thoughts"

"How we get sober is non negotiable"

"The alcoholic thinks that when 'it is bad' it will last forever and when 'it is good' it won't last "

"Enjoy life today, it is not a dress rehearsal."

"The AA slogans are like railings for the Steps."

"Seven days without a meeting makes one weak"

"Sometimes you need to lose yourself, before you can find anything....."

"Just keep bringing the body. the mind will follow"

"It all works out in the end...if it hasn't worked out yet, it's not the end."

"Things might not get better for me, but I can get better despite things"

"The longer you stay sober, the narrower the path."

"Attitude is 20% what happens to me and 80% how I deal with it."

"Maturity is forsaking short term pleasure for long term gain"

"There is no escalator in AA, you have to take the *steps*."

"If I could drink like a regular person...I'd drink all the time. Therein lies our paradox..."

"You can't re-cycle yesterday's sobriety"

"Don't forget that the world record is 24 hours"

"If you are not working on the solution you are working on the problem."

"The first step is the one you take through the doors of AA"

"If you want to change who you are, change what you do."

"NUTS = Not Using The Steps"

"We Can't Help You - If You aren't here"

"It's impossible to stumble when you are on your knees."

"The ego of the alcoholic is not soluble in alcohol"

"The promises tell me that I will no longer be afraid of economic insecurity not that I won't be screwed economically."

"Live life today as though it were your last"

"I may not be where I want to be but thank God I am not where I used to be "

"I am going to deal with my procrastination - I will start tomorrow ! "

"Be careful; how you live you may be the only copy of the Big Book that someone reads."

"We recover by the steps we take, not just the meetings we make."

"Sometimes you can act yourself into right thinking, other times you have to think yourself into right action"

"Your alcoholism hides in the things you do not tell your sponsor"

"When I changed the way I looked at things - the things I looked at changed "

"Few meetings, few chances - more meetings more chances, No meetings No chances"

"There is one guarantee in AA - if you do not work the steps you will pick up a drink"

"Attitude is the difference between an ordeal and an adventure"

"Being humble isn't that we think less of ourselves, it's that we think of ourselves less."

"I go to a lot of meetings because I never know when the miracle will happen - and I want to be there when it does"

"I am not guilty; But I am accountable."

"If everyone in AA likes you - you're not working the programme!"

"When you feel at the end of your rope...tie a knot in it and hold on for dear life"

"AA does not give me immunity from reality -
But the ability to handle it"

"If you take the ME out of Blame, all you have left is
bla bla bla ! "

"The Three most dangerous words for an
alcoholic....I`ve been thinking"

"Are you at AA or In AA?"

"I am the only impediment to my sobriety"

"Don't let other people live rent free in your head"

"It's hard to be hateful when you're being grateful".

"Never walk unescorted through your own mind- it can be a dangerous place."

"Recovery is an inside job"

"Fear is a darkroom where negatives are developed"

"When I take the third step prayer, self concern has no further place in my life".

**“We had a spiritual awakening from the steps we took
- not just from the meetings we made”**

**“If you are not watching your alcoholism will be doing
press-ups”**

“Don't underestimate your disease”

**“God has three answers to everything - yes, no and if
you insist”**

**“Before you become too proud as an AA member -
make sure AA is proud to have you as a member”**

**“The false notion that alcoholics and addicts are the
same was started by a treatment centre that only
had one van”**

“I'm not much but I'm all I think about”

"If you are not satisfied with AA your misery can be refunded"

"Carry the message not the alcoholic"

"If you don't respect your own sobriety - you won't respect anyone else's"

"sponsors: have one-----use one-----be one."

"Love is less a feeling than a thousand tiny acts of kindness. "

"Everything was fine and then I woke up !"

"If you don't remember your last drink it is because you haven't had it"

“Don't p**s in the well, you might need to drink from it”

“The only thing an alcoholic ever finished was the bottle”

“Wisdom is the reward you get for a lifetime of listening when you'd have preferred to talk.”

“Compliance is not Surrender!”

“The steps keep me going BUT only step 11 keeps me growing”

“All the 12 steps require willingness and will-power”

“I either grow or I will go”

“In the field of alcoholism there are the Professionals
And then there are those of us in AA - THE
EXPERTS!”

"I will always have to live with my alcoholism but please God I do not have to die from it!"

"*You don't get drunk* when you thoroughly follow the path of AA!"

"You get drunk because you quit practicing the Principles"

"Trust - try really using step three!"

"Faith - forward all inquiries to heaven"

“... grasping and developing a manner of living which demands rigorous honesty.”

Chpt 5 BB