

Handrails... can't work a Step? Grab a handrail...

- collected by Robert G. (1990—2021) from meetings, other such lists, & stuff I found along the long trudge to happy destiny! Take what you can use, leave the rest; maybe someone else can use what doesn't work for you...we are all works in progress...

One day at time.

Keep coming back.

To thine own self be true.

Keep it simple.

First things first. The second thing is to keep first things first.

This too shall pass.

Easy does it.

Easy does it, but do it.

Let go and let God.

Be gentle with yourself.

Live and let live.

There but for the grace of God go I.

How important is it?

H.A.L.T. (don't get too Hungry, Angry, Lonely, or Tired.)

Act as if... / Fake it 'til you make it.

Keep an open mind.

Think Think Think

Learn to listen so you can listen to learn. / Take the cotton out of your ears and put it in your mouth.

If it is to be, it's up to me.

Take care of yourself.

Lighten up!

Pass it on.

H.O.W. (Honest, Open-minded, Willing)

Trust God, clean house, help others.

Keep an attitude of gratitude.

Become teachable.

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

F.E.A.R.=Fuck Everything And Run.

F.E.A.R.=Face Everything And Recover.

S.L.I.P.=Sobriety Loses It's Priority

Serenity is appreciation of natural order.

Watch out for stinkin' thinkin': euphoric recall/expectations (past & future tripping)

I can't, we can.

It takes what it takes.

Recovery, just like real life, is a process, not an event.

This is not a dress rehearsal.

Insanity: doing the same thing over and over an expecting a different result.

Recovery is an inside job.

You must love yourself before you can love anyone else.

One is too many, a thousand never enough.

The only way to keep it is to give it away.

Stay away from slippery places and slippery people.

It works if you work it.
If you work it right, it works you.
Desperation—Inspiration—Perspiration!
Today is the yesterday I will worry about tomorrow.
Results of Addiction: screwed up, locked up, covered up.
You won't be well by Thursday.
Live like this is the last day of your life; it might be.
You are only as sick as your secrets.
I am not to blame for my Addiction but I am responsible for my Recovery.
You get back what you give out.
Be honest, be funny, or be quiet.
Everything is a lesson or a blessin'.
We all do the best we can.
Be kind. Everyone is fighting a tough battle.
Life can't hand you anything new if you hold on to what you have with both hands.
If Recovery doesn't feel awkward or uncomfortable sometimes, you are not making progress.
Humility is not thinking less of yourself, it's thinking of yourself less.
Let it begin with me.
I am exactly where I should be, whether I like it or not.
People do not come into the Program because they sang too loud in church.
When I turned my life over to my HP it immediately got better because I took my life out of the hands of an idiot.
We cannot get ahead later until we learn how to be here now.
We only have to do two things: 1) we have to die, 2) we have to live until you die. We make up most of the rest.
What you think you are, you are not, but what you think, you are.
In meetings, the faces and details are different, but the stories are all the same.
It's none of my business what other people think of me.
Surrender to win!
Things don't get better in Recovery, I do.
My only choice in accepting anything is to be either graceful or miserable.
Prayer doesn't change God's behavior, it changes mine.
First three Steps, short form: I can't, HP can, I'll try to let it happen.
An expectation is a resentment in escrow.
When I think I'm in control I'm most out of control.
Communicate or die.
Bring your ass, your mind will follow.
Avoid the high cost of low living.
Walk your talk.
Get out of the problem & into the solution.
Live life on life's terms.
Addiction is cunning, baffling, powerful, and patient.
Plan, but don't plan the result.
Turn it over.
Please God first, yourself second, everyone else third.
One foot in the past, one foot in the future means you're pissing on the present.
The program is simple, not always easy.
Pain is inevitable, suffering is optional.
Be a part, not apart.
There is nothing that Addiction cannot make worse.

We're all here because we're not all there.
My mind is not my friend.
An addict alone is in bad company
Carry the message, not the addict.
A simple program for complicated people.
You can't be too dumb for this program, but you can be too smart.
We seek progress, not perfection.
Don't throw yourself out of your heart because you threw yourself out of your heart.
Acting gets me out of bad thinking quicker than thinking gets me out of bad acting.
Acting leads to change. Thinking leads to more thinking.
Dutiful is beautiful.
Freedom is surrender to necessity.
Nothing beats a failure but a try.
Illness begins with "I," wellness begins with "we."
Just breathe.
You spot it, you got it. (we get most upset by others' behavior that we are in denial about in ourselves)
Discover, uncover, and regard... then save or discard.
No matter how far down the road I go, I'm still the same distance from the ditch.
EGO = Ego Gives Orders □ Edging God Out □ Ego Gets Orders □ Ego Gives Order □
ego □ Expressing God Outrageously
Activity Alleviates Anxiety.
Looking back, I see regret, looking forward I see anxiety, here and now looks safer.
God loves me just the way I am, but loves me too much to want me to stay this way.
I don't believe everything I think.
If I walk through my fear, I can find great rewards on the other side.
Trust the process.
When I stir the shit, I only get a bigger stink.
Discipline: remember what I want most, choose that instead of what I want now.
God gives us just enough, just in time, all the time, if we have faith enough to see it.
I'm an addict, but that is not who I am.
Blame, blame, blame! If I take out "me," it's only bla, bla, bla...
My ego is so huge it would kill a lesser man.
Facing brings feeling.
Live in hope, not expectation.
Don't use addictive behavior even if your ass falls off! Pick your ass up and take it to a meeting: someone will help you put your ass back where it belongs.
An addict hears the knock of spiritual opportunity, but opens the wrong door.
Most of the time it's better to stay between three and seven than always reach for ten or sink to one when we fail.
DENIAL=Don't Even Notice I'm Always Lying.
Take lots of messy, imperfect action. Do more of what worked. Ready! Fire! Aim!
The greater the acceptance, the greater the change.
I've lived through a lot of terrible things; some of them actually happened.
Compare and despair.
I can measure my distance from HP by measuring my distance from you.
Gratitude is humility in full bloom. Right action is the harvest.
Fighting Against Impossibility Through Hope
If I do something that feels good now but is uncomfortable later it's probably self-will. If I do something that feels uncomfortable now but my life improves, it's probably HP.
Bloom where you are planted.

You can't save your face and your ass at the same time.

Live one day at a time, that's how life happens. Can't take seven showers in a day and expect to stay clean for a week.

What informs us, forms us. Watch your thoughts, they shape your beliefs; watch your beliefs, they shape your behaviors; watch your behaviors, they shape your character; watch your character, it shapes your destiny.

Shame and fear hide in vagueness, ambivalence, and clutter.

"No" is a complete sentence.

Act, but don't react.

Don't criticize, compare, or complain. Instead, congratulate, commit, and celebrate.

Praise contains "raise."

Buddha says holding on to anger is like drinking poison and waiting for the other person to die.

Addiction is not a problem: it's a solution that doesn't work for a problem that doesn't exist! I never had a lack of drugs or toxic stress so I needed more! I had pain, trauma, ignorance, & lies to live by...

Addiction: 10 minutes of fun, decades of shit & misery.

W.A.I.T. = Why Am I Talking?