**GYE - Guard Your Eyes** Generated: 21 August, 2025, 04:57

400 AA Slogans (also applicable to GYE)!!! Posted by Eye.nonymous - 23 Dec 2009 21:55
Over 400 A.A. Slogans
(I thought this would be inspirational to all the people who have been sick in bed lately)
FROM THE SITE
webpages.charter.net/jlbond/slogans.htm
(But I also thought it would be an asset here)
1) Easy does it.
2) First things first.
3) Live and let live.
4) But for the grace of God.
5) Think think think.
6) One day at time.
7) Let go and let God.

8) K.I.S.SKeep It Simple Stupid.
9) Act as if.
10) This, too, shall pass.
11) Expect miracles.
12) I can't, He can, I think I'll let Him (Steps 1,2,3).
13) If it works, don't fix it.
14) Keep coming back, it works if you work it.
15) Stick with the winners.
16) Keep on trudgin.'
17) Sobriety is a journey, not a destination.
18) Faith without works is dead.
19) Poor me, poor me, pour me another drink.

20) To thine own self be true.
21) I came; I came to; I came to believe (Steps 1,2,3).
22) Live in the NOW.
23) If God seems far away, who moved?
24) Turn it over.
25) A.A.= Altered Attitudes
26) Nothing is so bad, a drink won't make it worse.
27) We are only as sick as our secrets.
28) There are no coincidences in A.A
29) Be part of the solution, not the problem.
30) Sponsors: have one use one be one.
31) I can't handle it God; you take over.

32) Keep an open mind.
33) It works it really does! (page 88 in the Big Book)
34) Willingness is the key.
35) More will be revealed.
36) You will intuitively know.
37) You will be amazed.
38) No pain, no gain.
39) Go for it.
40) Keep the plug in the jug.
41) Do it sober.
42) Let it begin with me.
43) Just for today.

44) Sober `n` crazy.
45) Pass it on.
46) It's in the book.
47) You either are or you aren't.
48) Before you say I can't, say I'll try.
49) Don't quit before the miracle happens.
50) Some of us our sicker than others.
51) We're all here because we're not all there.
52) Alcoholism is an equal opportunity destroyer.
53) Practice an attitude of gratitude.
54) The road to sobriety is a simple journey for confused people with a complicated disease.
55) Another friend of Bill W.'s.

56) God is never late.
57) Have a good day, unless of course you have made other plans.
58) Decisions aren't forever.
59) It takes time.
60) 90 meetings in 90 days.
61) You are not alone.
62) Where you go, there you are.
63) Don't drink, read the Big Book, and go to meetings.
64) Use the 24-hour plan.
65) Make use of the telephone therapy.
66) Stay sober for yourself.
67) Look for the similarities rather than differences.

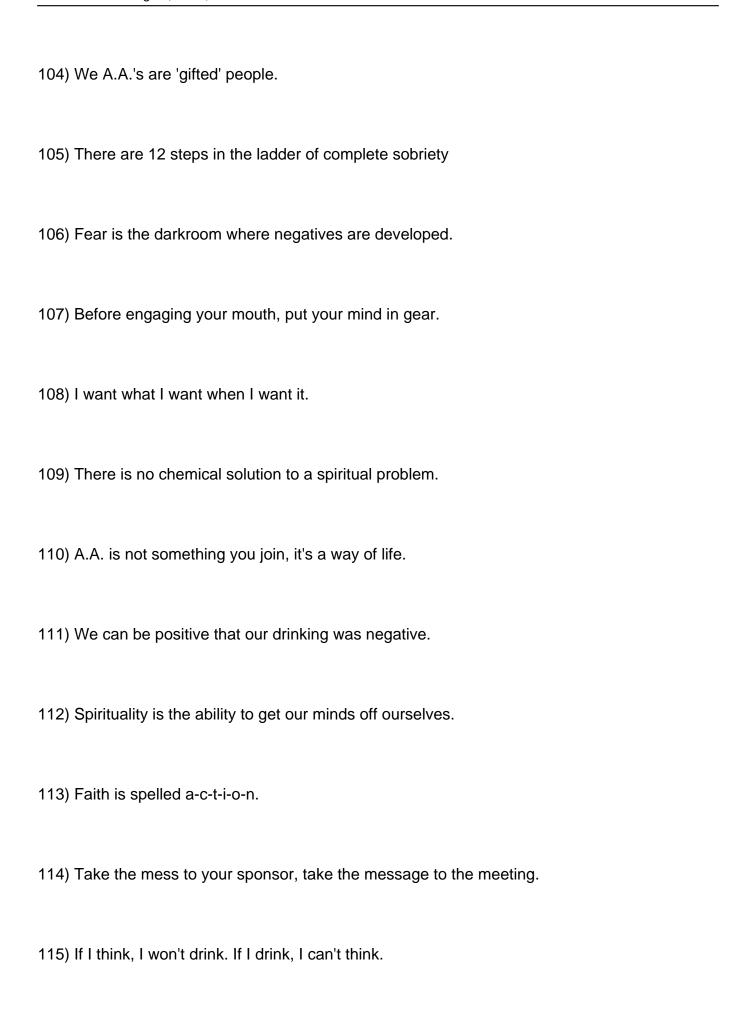
68) Remember your last drunk.
69) Remember that alcoholism is incurable, progressive, and fatal.
70) Try not to place conditions on your sobriety.
71) When all else fails, follow directions.
72) Count your blessings.
73) Share your happiness.
74) Respect the anonymity of others.
75) Share your pain.
76) Let go of old ideas.
77) Try to replace guilt with gratitude.
78) What goes around, comes around.
79) Change is a process, not an event.

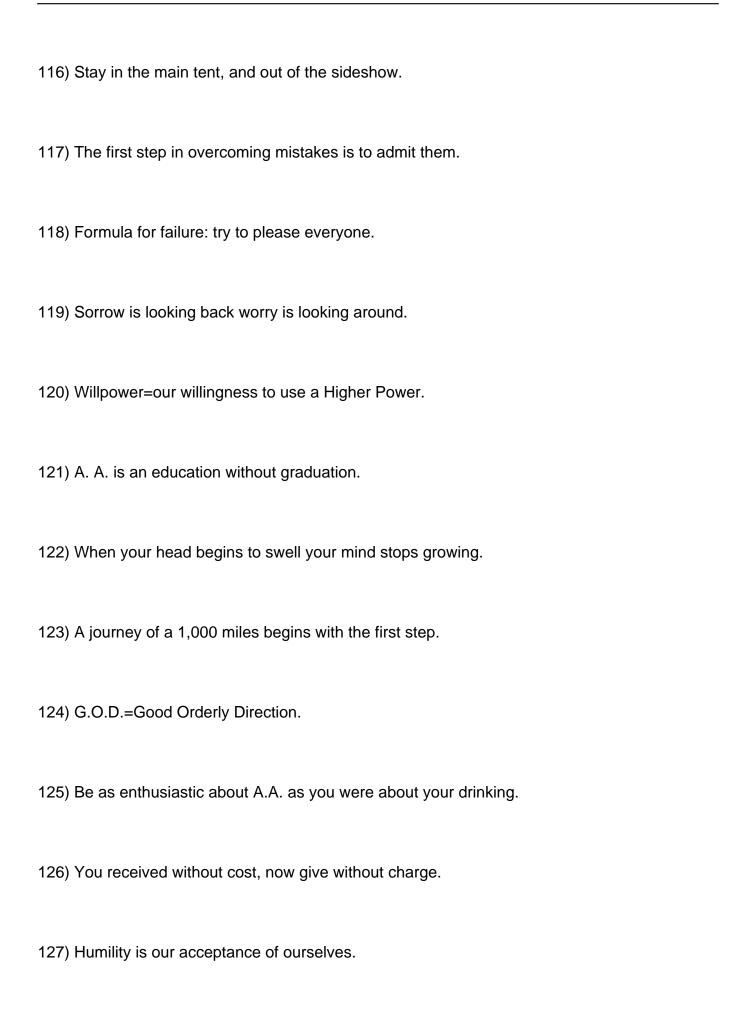
## **GYE - Guard Your Eyes**

Generated: 21 August, 2025, 04:57	Generated:	21	August.	2025.	04:5
-----------------------------------	------------	----	---------	-------	------

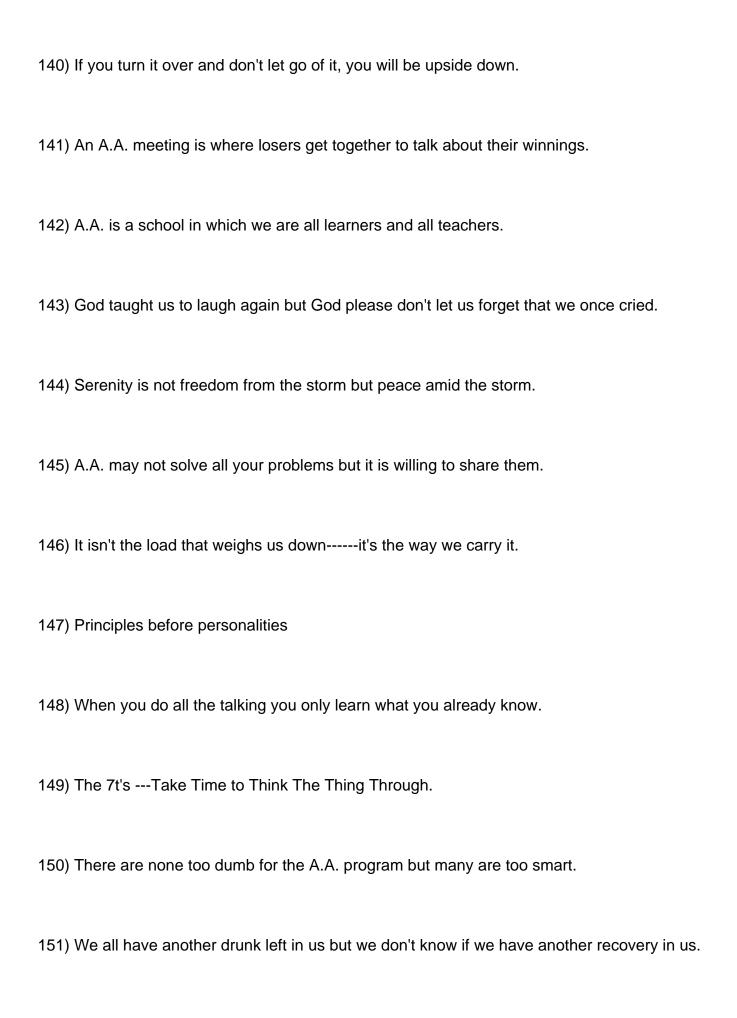
80) Take the cotton out of your ears and put it in your mouth.
81) Call your sponsor before, not after, you take the first drink.
82) Sick and tired of being sick and tired.
83) It's the first drink that gets you drunk.
84) To keep it, you have to give it away.
85) Man's extremity is God's opportunity.
86) The price for serenity and sanity is self-sacrifice.
87) One alcoholic talking to another one equals one.
88) Take what you can use and leave the rest.
89) What if
90) Yeah but
91) If only

92) Help is only a phone call away.
93) Around A.A. or in A.A.?
94) You can't give away what you don't have.
95) One drink is too many and thousand not enough.
96) Half measures availed us nothing.
97) Anger is but one letter away from danger.
98) Courage to change.
99) Easy does it, but DO it.
100) Bring the body and the mind will follow.
101) Accept your admission.
102) Remember when!
103) Tighten up (financially).

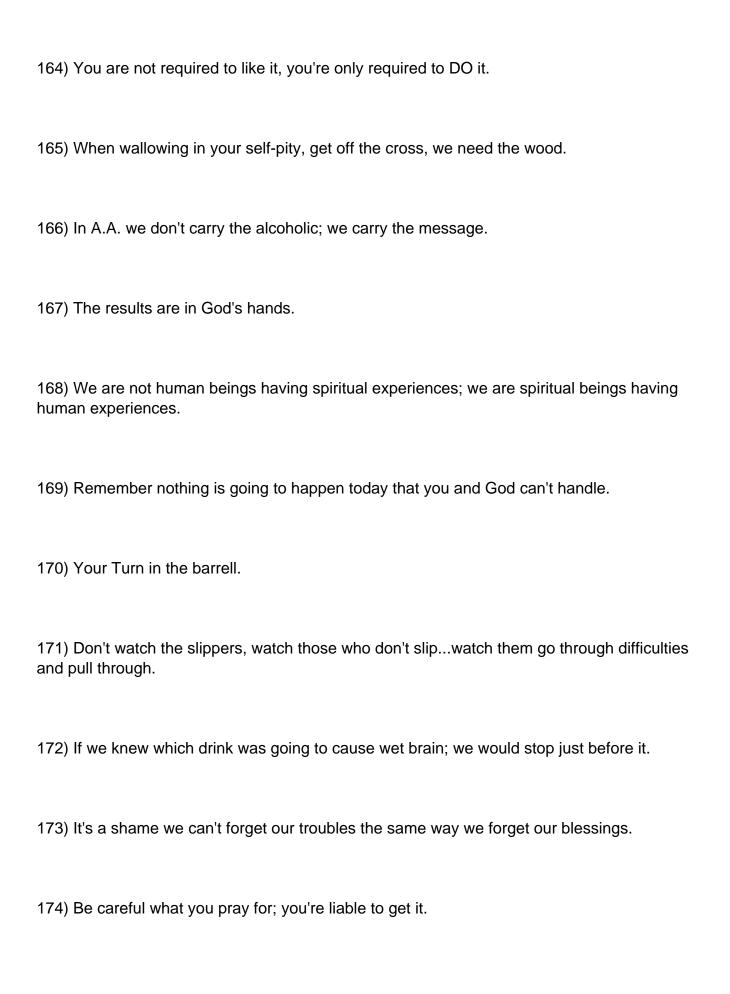




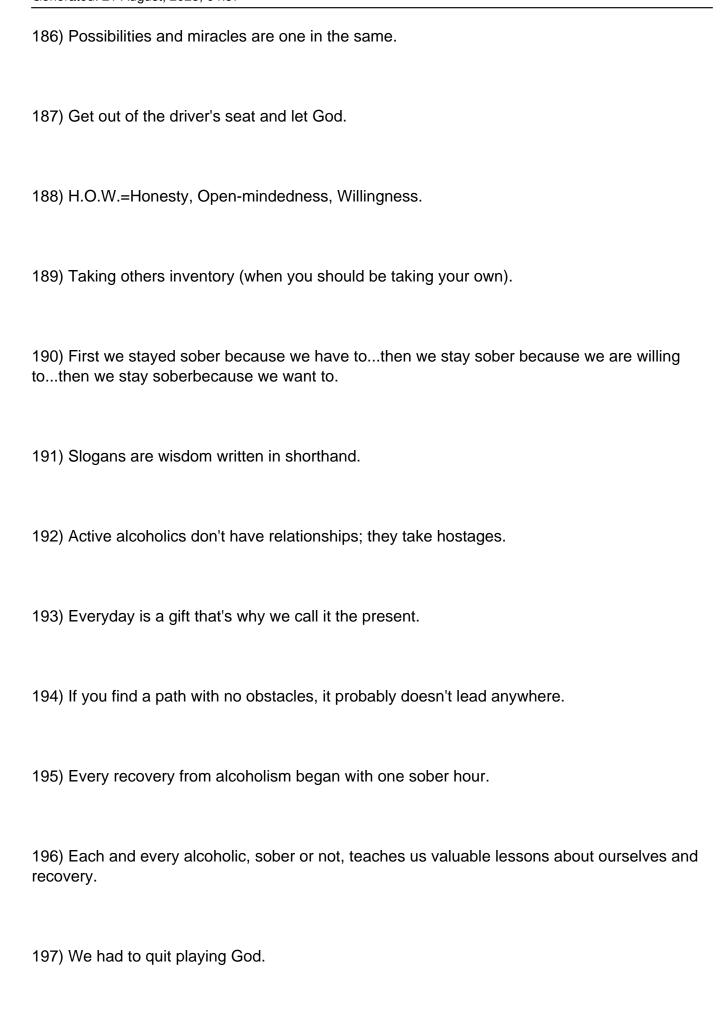
139) Alcoholism is the only disease that tells you you're all right.



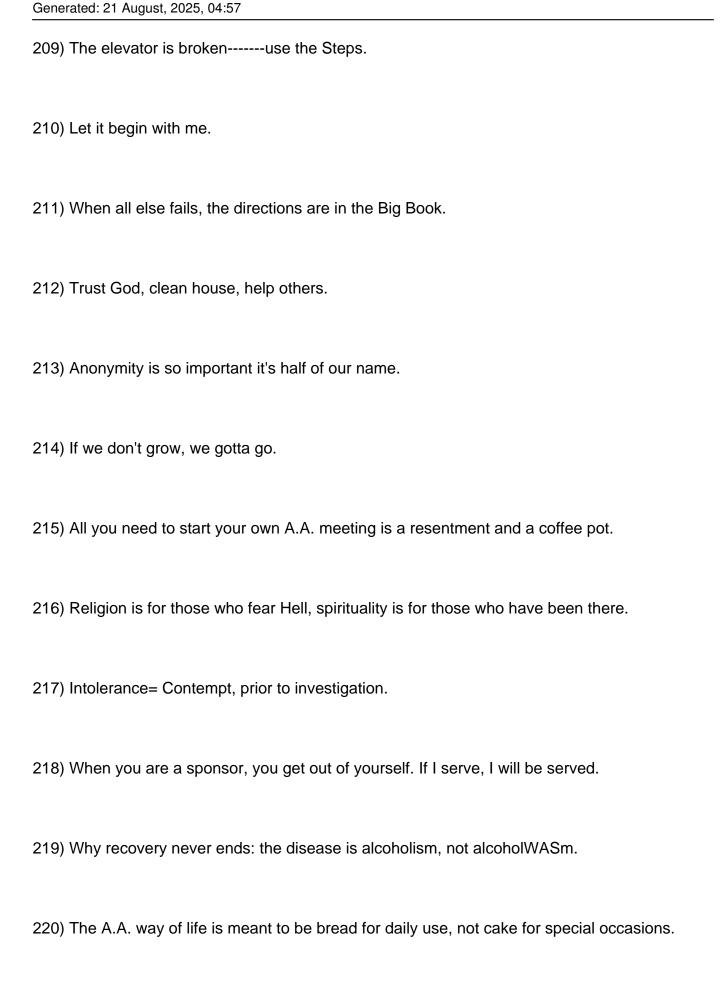
152) To be forgiven we must forgive. 153) When we surrender to our Higher Power, the journey begins. 154) The person with the most sobriety at a meeting is the one who got up earliest that morning. 155) Knowledge of the answers never made anyone slip---it was failing to practice the answers known. 156) H.A.L.T.=Don't get too Hungry, Angry, Lonely or Tired. 157) F.E.A.R.=Frustration, Ego, Anxiety, Resentment. 158) The 12 Steps tell us how it works; the 12 Traditions tell us why it works. 159) Without A.A., it's Amen. 160) If faith without works is dead; then willingness without action is fantasy. 161) When a person tries to control their drinking they have already lost control. 162) The task ahead of us is never as great as the Power behind us. 163) Seven days without an A.A. meeting makes one weak.



175) The time to attend a meeting is when you least feel like going.
176) I've been sober and I've been drunk. Sober's better.
177) A.A. is the highest priced club in the world. If you have paid the dues, why not enjoy the benefits?
178) The first step is the only step a person can work perfectly.
179) The will of God will never take you where the grace of God will not protect you.
180) Your Big Book is your sponsor too.
181) A.A. never opened the gates of heaven to let me in, A.A. did open the gates of hell to let me out.
182) The only thing we take from this world when we leave is what we gave away.
183) Time wasted in getting even can never be used in getting ahead.
184) Some A.A.'s are so successful that they turn out to be almost as good as they used to think they were when they were drinking.
185) Sobriety delivers everything alcohol promised.

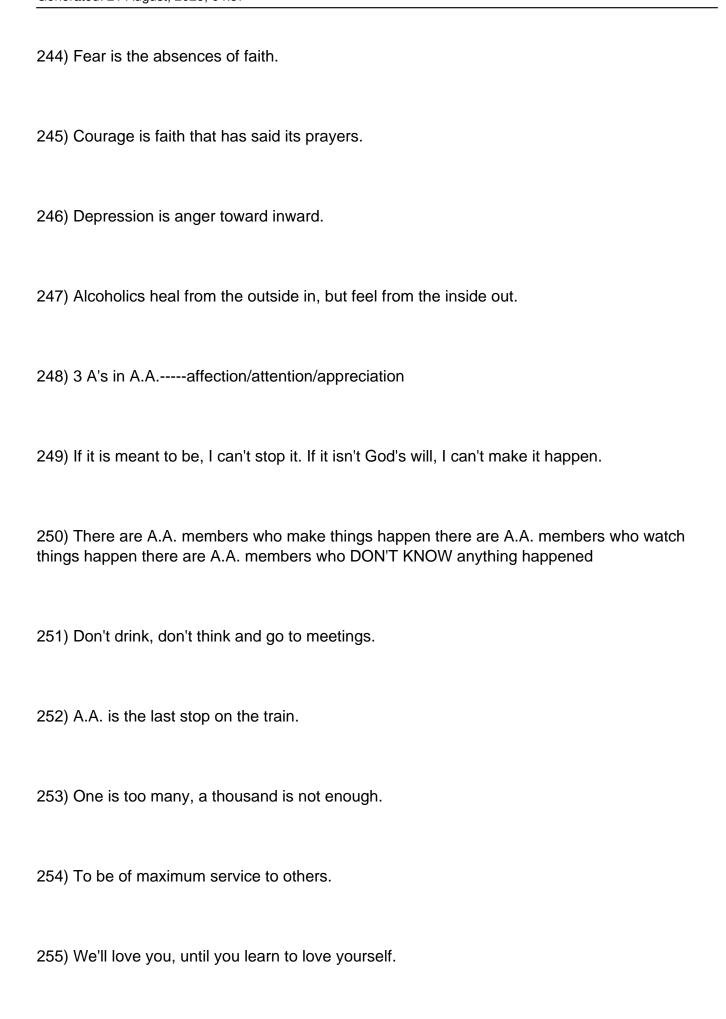


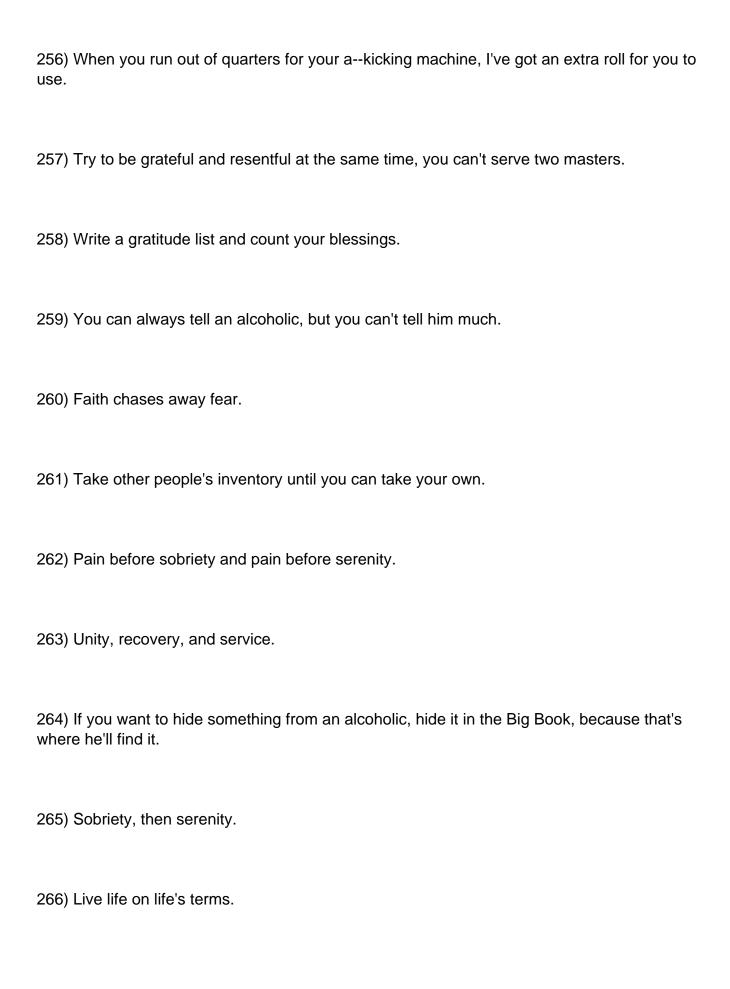


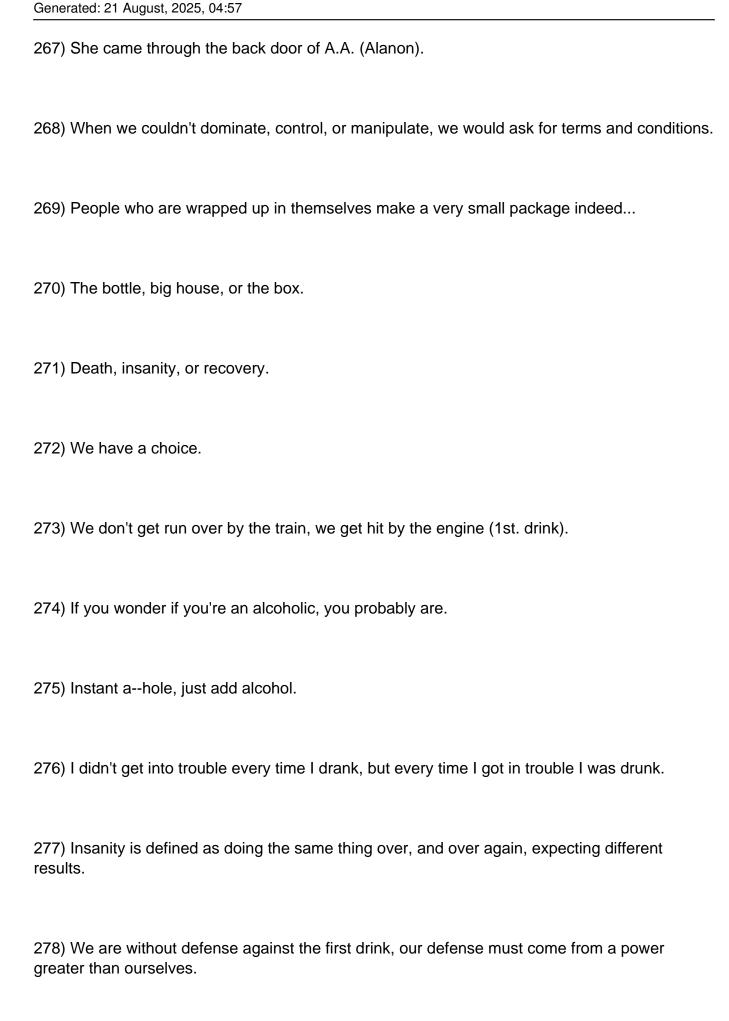




tomorrow. Today is the only day we can change.
233) It is not the experience of today that drives people mad, it is remorse of yesterday and the dread of tomorrow.
234) A drug is a drug.
235) Pain is the touchstone of spiritual growth.
236) God has no grand kids.
237) There is a God and I'm not it.
238) The road to resentment is paved with expectation.
239) Be nice to newcomers one day they may be your sponsor.
240) Denial is not a river in Egypt, but you can drown in it.
241) Guilt is the gift that keeps on giving.
242) The flip side to forgiveness is resentments.
243) There is no magic in recovery only miracles.





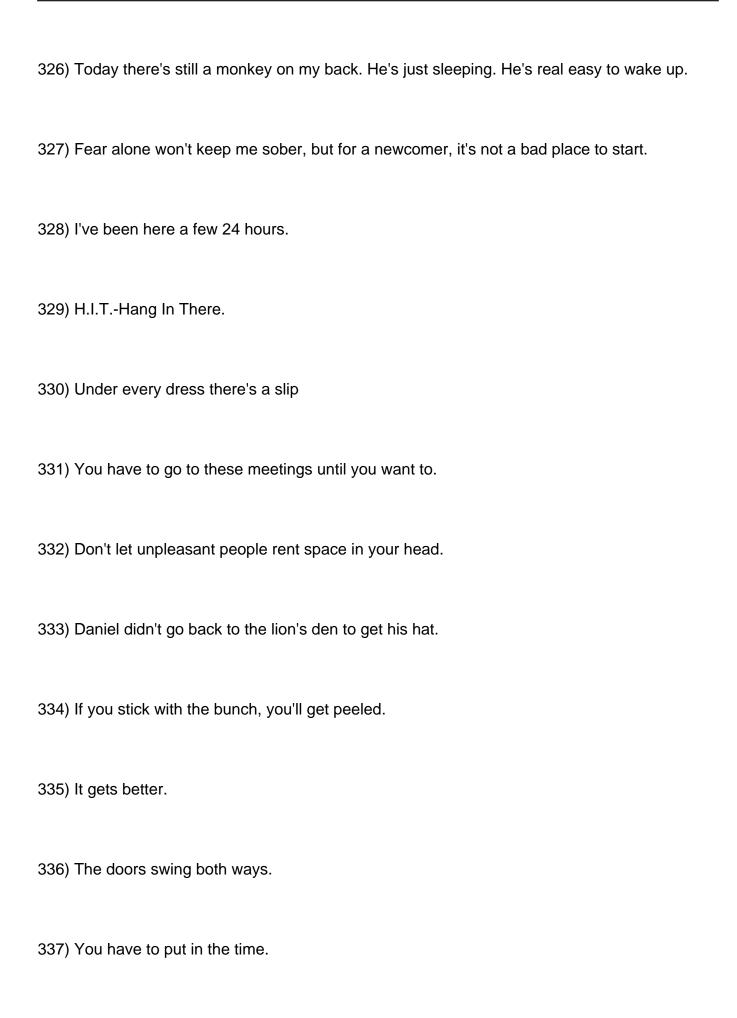


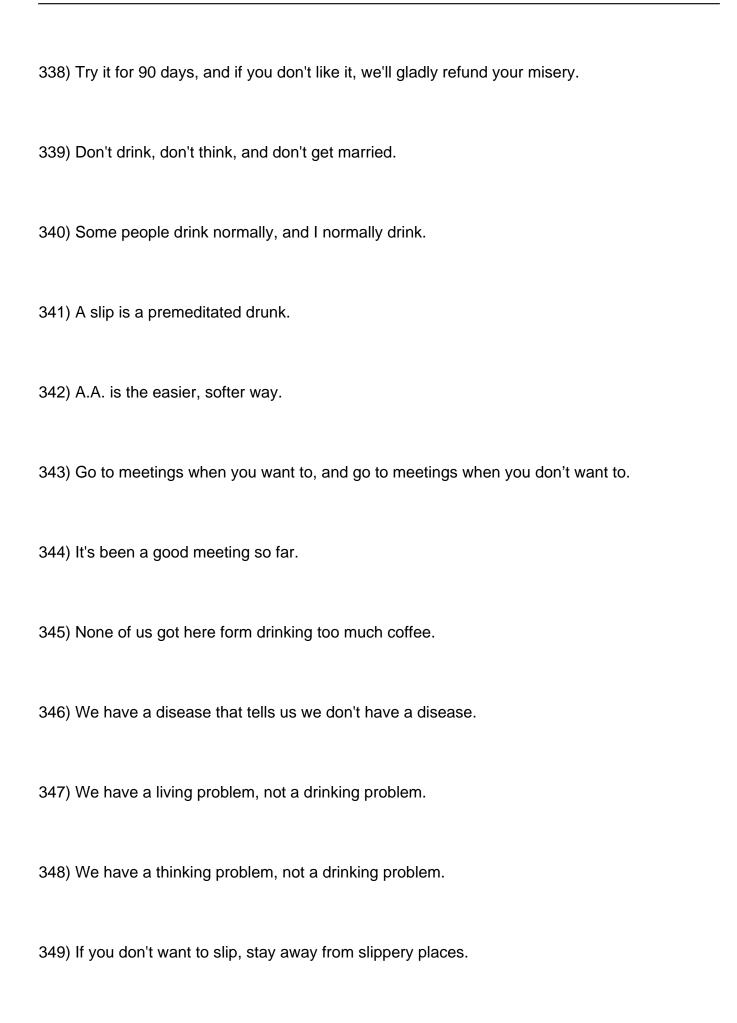


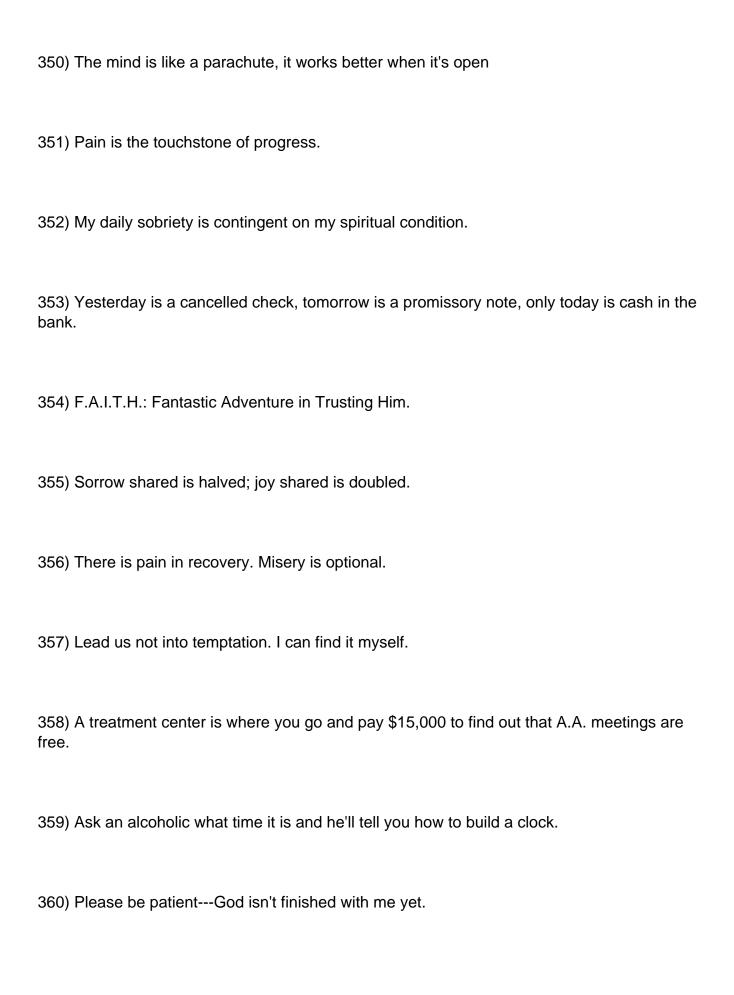


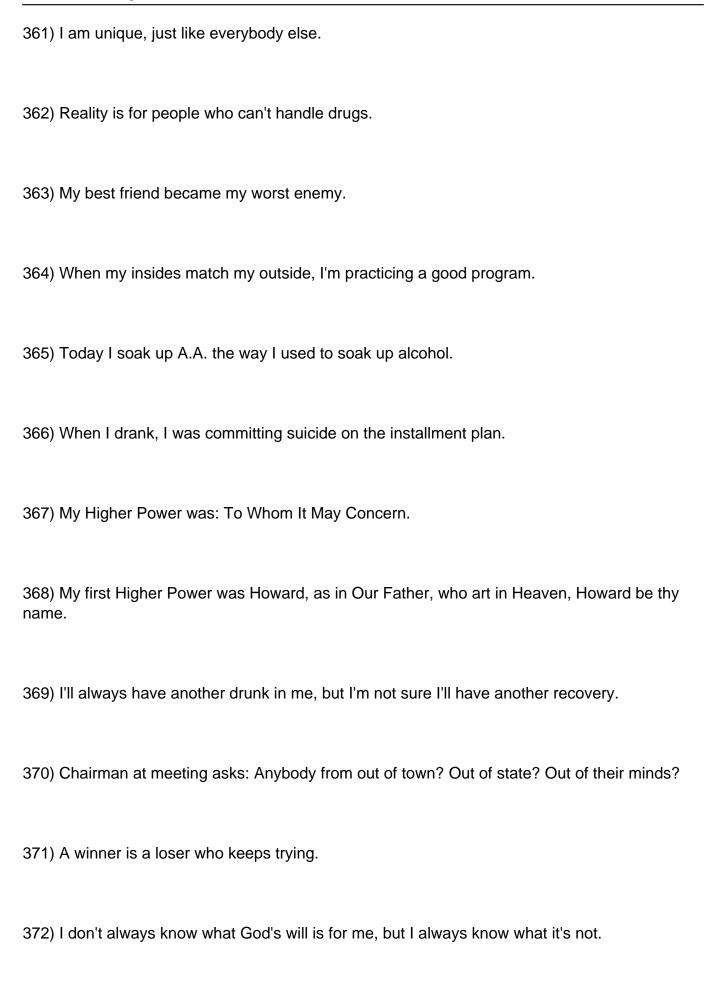
- 302) You don't have to wait till the basement to get off the down elevator.
- 303) Those that don't go to meetings aren't present to find out what happen to them what doesn't go to meetings.
- 304) F.E.A.R.= False Evidence Appearing Real.
- 305) F.E.A.R.=False Expectations Appearing Real.
- 306) F.E.A.R=Face Everything and Recover.
- 307) F.E.A.R.=F--- Everything And Run.
- 308) F.I.N.E.=F--ked-up, insecure, neurotic, and emotional
- 309) G.O.D.=Group of Drunks.
- 310) In A.A. I get an owner's manual to go with my new life.
- 311) N.U.T.S.=Not Using the Steps
- 312) Y.E.T.=You eventually, too
- 313) When you sober up a horse thief, all you have is a sober horse thief.

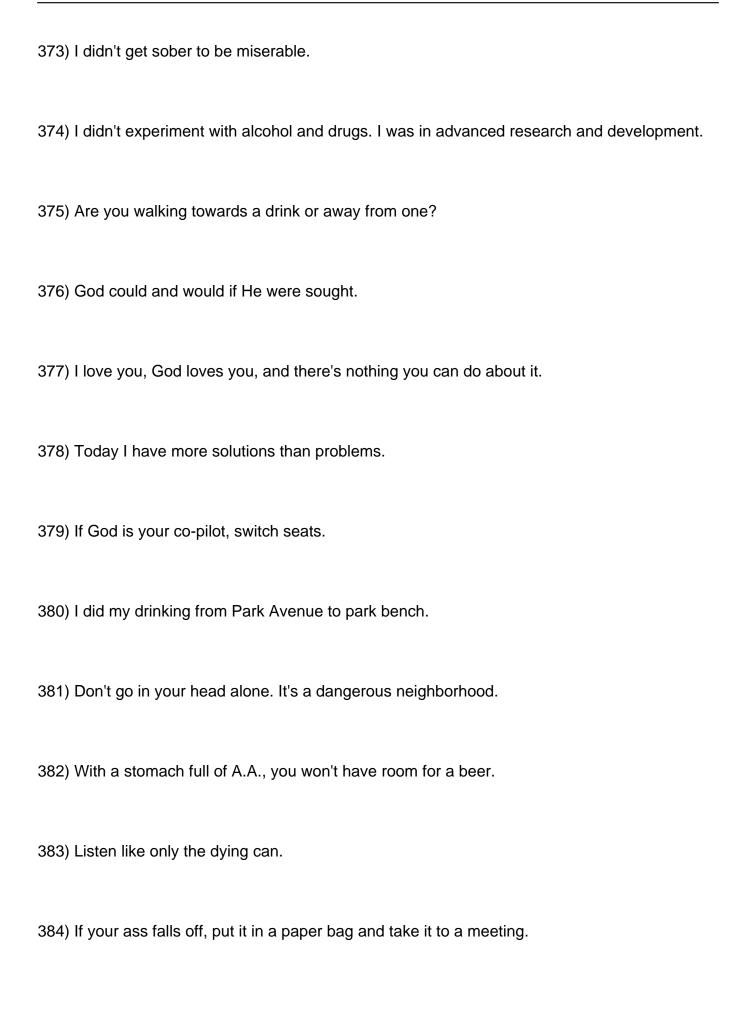
314) First things first
315) If you can't remember your last drink, maybe you haven't had it.
316) If you want to stay sober, make the coffee.
317) If you fly with crows, you get shot at.
318) Analysis is paralysis.
31) A.A. isn't a religion, we can't open the gates of Heaven and let you in, but we can open the gates of Hell and let you out.
320) I got sick of being sick and tired.
321) It's easy to talk the talk, but you have to walk the walk.
322) Life starts when you stop.
323) You have to give it away in order to keep it.
324) Fake it till you make it.
325) It's a selfish program.

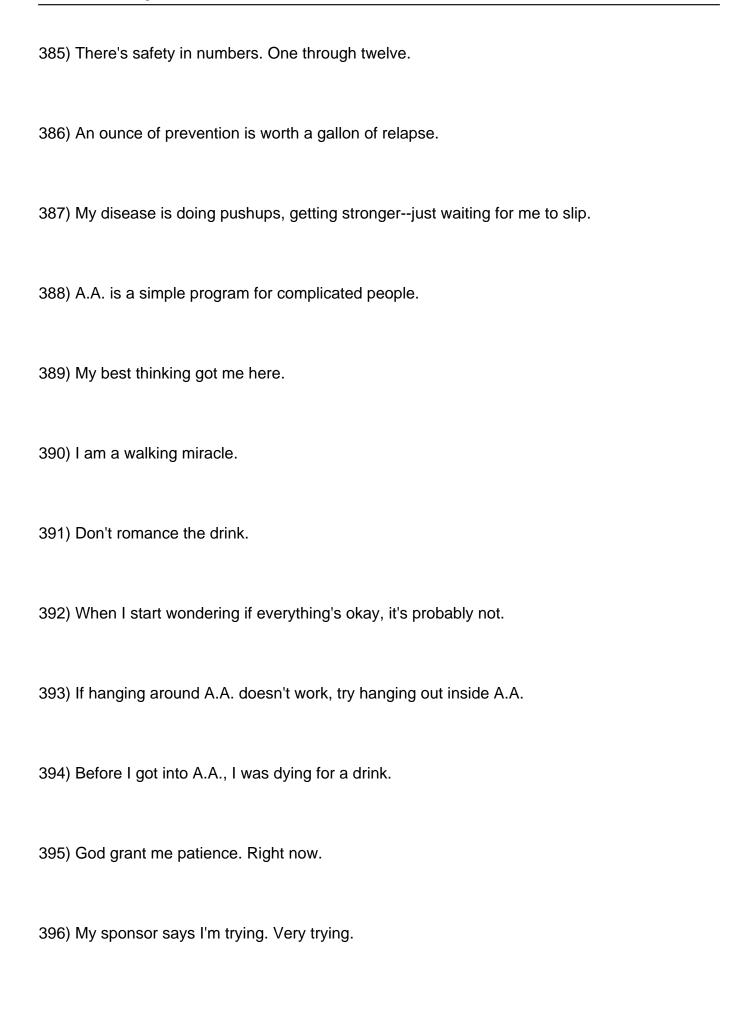














1).BE INTERESTING
2).BE BRIEF
3).BE SEATED
409-417) The A.A. Paradoxes:
From weakness(adversity)comes strength.
We forgive to be forgiven.
We give it away to keep it.
We suffer to get well.
We surrender to win.
We die to live.
From darkness comes light.
From dependence we found independence.

## **GYE - Guard Your Eyes** Generated: 21 August, 2025, 04:57 Re: 400 AA Slogans (also applicable to GYE)!!! Posted by silentbattle - 24 Dec 2009 01:27 I love 12 (made me laugh and nod thoughtfully at the same time - not an easy feat!), and 23 is solid, too... Re: 400 AA Slogans (also applicable to GYE)!!! Posted by the guard - 24 Dec 2009 14:45 So many of these are truly precious. Thanks, Eye! I think many will find their way into Chizuk emails... ==== Re: 400 AA Slogans (also applicable to GYE)!!! Posted by silentbattle - 24 Dec 2009 14:55 oh, I haven't made my way through all of them yet! ;D :D ;D :D Re: 400 AA Slogans (also applicable to GYE)!!! Posted by Eye.nonymous - 24 Dec 2009 18:09 guardureyes wrote on 24 Dec 2009 14:45:

So many of these are truly precious. Thanks, Eye! I think many will find their way into Chizuk e-mails...

Generated: 21 August, 2025, 04:57
I thought so. 8)
(I had second thoughts maybe I overdid it to put these all in at once! Actually, I was just going to provide the link but then I remembered that Guard doesn't have internet access, so I decided to post them).
Re: 400 AA Slogans (also applicable to GYE)!!! Posted by the guard - 24 Dec 2009 20:55
Eye.nonymous wrote on 24 Dec 2009 18:09:
Actually, I was just going to provide the link but then I remembered that Guard doesn't have internet access, so I decided to post them).
Thanks for THAT! :D
====

Re: 400 AA Slogans (also applicable to GYE)!!! Posted by Eye.nonymous - 24 Dec 2009 21:11

guardureyes wrote on 24 Dec 2009 20:55:

## **GYE - Guard Your Eyes**

Canaratadi 01	August	2025	04.57
Generated: 21	August.	2025.	04:57

Eve.nonymous wrote on 24	Dec 2009	18:09:
--------------------------	----------	--------

Actually, I was just going to provide the link but then I remembered that Guard doesn't have internet access, so I decided to post them).
Thanks for THAT! :D
You're welcome.
BTW, how do you like my new message tag?
=======================================