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📌 SLOGANS

- ☰ 0.1 SLOGANS simple
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Slogan context

how I carry my message of recovery

☰ Slogan context is the same as ☰ Word context in what it is to be how I carry my message of recovery(see ☰ Carrying my message/Practicing the principles in all my affairs)

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White Knuckling it

- As what is maybe the start of fake it tell you make it
 - Never fake it tell you make it,
 - As that is the same as to me
 - [busy](#)

Carrying a message

- As it's about through your experience/strength/and Hope; as to how you carry message
- Finding [the unity/the relatability/the harmony. yes even the magic within itself.](#)
 - Practicing the principals in all my affairs

Feelings are not facts

- It's not that Your feelings are valid and have value
 - it's just, that the action is more of what is life about
 - It's about action not reaction
 - focusing on the
 - solution and not the problem
 - See also [Making Mountains out of nothing](#)
 - For the Simplicity of it it all your feelings are valid yes and yet the reaction can never be just
 - so feeling of anger/ sadness/ what it may be does not justify you're using
 - for there is no justification
 - yes I do comprehend and being pathetic to the simple fact of an eye for an eye kind of concept of how you could approach this: as what would simply be called justification
 - yet it's not your job, it's not even your career at that point: that is why it's important to [Life on life's terms](#) and [Letting go and giving it to God](#)
- keep in mind that: Its helps to [ACRONYMS print](#) that can help
 - Q-tip
 - Halt
 - Trust

Don't go to the barbershop or you're going to get a haircut

- As it says in Alcoholics Anonymous book (The Big Book)
 - more towards the very last chapter essentially is don't condemn somebody when they are not ready
 - for the way that I see it, yes when I'm in a low state
 - I'm not going to go to the barbershop and get a haircut
 - it's in the same sense of one I would say that I'm an addict
 - As in also bonus I usually quit myself as I'm an active part of my recovery

First Things First

- As to Find what is important
 - essentially what is a priority
 - what needs to be done first
 - as this helps to have [feelings aren't facts](#)
- The slogan, "First Things First" helps us to set reasonable priorities and to keep a realistic perspective. This slogan helps us to make choices we are comfortable with, and to act with balance rather than react to crises.
[SLOGANS](#)

give time time

- See also:
 - god in [Word context](#)
 - Letting go and giving it to God
- Getting perspective
 - Prioritizing

- Helps to: Life on life's terms

Gods Program or mine

- [did God shove me into recovery?](#)

humility is not thinking less of yourself but thinking less of yourself

- [may 2025 Pancake Marathon](#) / [step 5](#)

Making Mountains out of nothing

- You may think that there are a thousand different things being done in recovery, really there's just a thousand different ways of saying a few simple things.
 - Both are as the same thing: **making mountains out of mole/ant Hills** and **crying over a spilled milk**
- Examples of
 - For you are making nothing out of nothing, for it just seems bad
 - the mountain seems high because your spirits are low
 - [Feelings are not facts](#)
- Slogans that may help you stay within the solution
 - As you left [before the miracle](#)
 - For got to [Keep it simple](#) and [Just for today](#)
 - As what would be as [It's a simple program for complicated people](#) maybe the simplest way to really see this as understandable.

Keep it simple

- so that you don't abuse/ break/ misuse/ overthink the tool/ what is in front of you, so you are able to [live life and life's terms](#)/Able to [let go and let God](#), As what would be having trust in your [higher power](#)

Just for today

- It's a 24 hour program for a reason (N.A.)
- Not putting too much in your plate
- Each moment adds up
 - Each moment, each second, as up to just for today the 24 hours within itself
 - I used to think just for today, was a lot to unpack, and was almost simply to say you would have to be a guru within recovery
 - And then somewhere I brought it to my attention that each second, each moment, adds up to the 24 hours and so then it came to terms with it being okay to do a 24 hours as such as just for today
 - Because it's never about being a guru in recovery
 - In the simple way of saying, I don't think that there's advice (See in [Word context](#))

- other than the steps and practicing the principles as such, of what advice would be in recovery other than as such
- And so that's why I think it's more appropriate for there to be guidance and suggestions only from Peer-To-Peer

It's a simple program for complicated people

- The moment when you try to control too much is the moment when we just start to focus on the messenger and not on the message
 - See [principals context](#) Traditions 4 through 6
- Not [giving time time](#)

Letting go and giving it to God

- to help with not obsessing
 - essentially what is worrying [Word context](#)
- What can help you to [live life on life's terms](#)
- Finding true peace with yourself
 - To not worry about what others are doing
 - You can't control them

Life on life's terms

1. Meet where you're at
2. Being present
 - Being able to face reality
3. Do what you can at that moment.
4. Living in one's means
5. [May 19, 2025 12:41 PM](#) The simple accepting the reality as it simply is

See also

- [principals context](#) Traditions 4

Showing up with the miracle

- It does take a leap of [faith](#) to be able to see this happen
- Once you show up to see how the miracle can happen then you can leave: I bet that you wont
- Essentially don't pump the brakes before you're even in the car
 - [Work work Work](#)
 - [Keep it simple](#)
 - [Just for today](#)
 - [give time time](#)

Work work Work

- A plane simply cannot land unless there is a clear path to land or it is going to crash
- yes in recovery what they mean by work (how it works) work (traditions) work (the promises)is how it works, for traditions and the promises
- Building something so that it will have room to come
 - keep in your house in order
 - cleaning your side of the street
 - Zen your garden
- Work work work-as-think think think