

Recovery slogans

- First things first.
- Don't use, no matter what.
- This too shall pass.
- Live and let live.
- Let go and let God.
- Time takes time.
- One day at a time.
- Principles before personalities.
- Is your program powered by *will*-power or *divine*-power?
- Cultivate an attitude of gratitude.
- Misery is optional.
- God doesn't make junk.
- Humility is not thinking less of yourself, but thinking of yourself less.
- Live life on life's terms.
You don't *think* your way into a new way of *living*, but *live* your way into a new way of *thinking*.
- G.O.D. = Good Orderly Direction.
- H.A.L.T. = Hungry, Angry, Lonely, Tired.
- H.O.W. it works = Honesty, Openness, Willingness.
- S.L.I.P. = Sobriety Lost Its Priority.
- It's a simple program for complicated people.
- It works if you work it, so work it, you're worth it.
- Learn to listen and listen to learn.
- Many meetings, many chances; few meetings, few chances; no meetings, no chances.
- Meeting makers make it.
- People who don't go to meetings don't hear about what happens to people who don't go to meetings.
- To keep what you have, you have to give it away.
- If you don't want to slip, stay away from slippery places.
- Do what you've always done, get what you've always got.
- Progress, not perfection.
- Resentment is like drinking poison and expecting someone else to suffer.
- Keep it simple.
- H.O.P.E. = Happy our program exists.
- Recovery is a journey ...not a destination
- To thine own self be true
- Turn it over
- Nothing is so bad, a drink won't make it worse
- Willingness is the key
- Take what you need and leave the rest
- If you expect respect, be the first to show some
- Principles before personalities
- Keep the plug in the jug
- Do it sober
- Although we are not responsible for our disease we are responsible for our recovery
- Hugs not Drugs
- Just for Today
- Recovery doesn't happen overnight
- Pass it on
- If you want to stay clean, don't use
- Don't quit before the miracle happens
- Nobody ever found recovery as a result of an intellectual awakening
- Use the 24-hour plan
- When all else fails, follow directions
- Change is a process, not an event
- Call your sponsor before, not after, you take the first drink
- Give time time
- I was sick and tired of being sick and tired
- You only get out of it what you put into it
- It's the first drink that gets you drunk
- An addict alone is in bad company
- You can only keep what you have by giving it away
- Take what you can use and leave the rest
- Recovery begins with the First Step
- Help is only a phone call away
- Nothing changes if nothing changes
- It is possible to change without improving - it is impossible to improve without change
- Experience, strength and hope not opinions, bulls**t and dope

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- One drink is too many and a thousand not enough
- An addict cannot be grateful and hateful at the same time
- Easy does it
- Easy does it but do it
- Stick with the winners - Win with the stickers
- Serenity is not freedom from the storm but peace amid the storm
- Feelings are not facts
- Turn it over, don't turn it off
- Beneath every skirt is a slip
- Seven days without a meeting makes one weak
- Growing old is mandatory - Growing up is optional
- Slogans are wisdom written in shorthand
- We don't always look where we are going, but we always go where we are looking