

Al-Anon Slogans

- 1 An Expectation Is A Resentment Waiting To Happen
- 2 Anger is Just One Letter Short Of Danger
- 3 Bring The Body and The Mind Will Follow
- 4 But for the Grace of God
- 5 Courage to Change
- 6 Depression is Anger Toward Inward
- 7 Detachment, Not Amputation
- 8 Do The Next "Right Thing"
- 9 Don't Gamble For Today
- 10 Easy Does It
- 11 Feelings Aren't Facts
- 12 First Things First
- 13 Get to Meetings
- 14 How Important Is It?
- 15 If In Doubt, Don't
- 16 It Takes Time to Get Better
- 17 Just for Today
- 18 Keep an Open Mind
- 19 Keep Coming Back
- 20 Keep It Simple
- 21 Keep The Focus On Yourself
- 22 Let Go and Let God
- 23 Let It Begin with Me
- 24 Learn to Listen, Listen to Learn
- 25 Live and Let Live
- 26 Live At Peace With Ourselves and Others
- 27 Live in The NOW
- 28 Look Back Without Staring
- 29 Nothing is So Bad, Using Won't Make It Worse
- 30 Obedience to The Unenforceable
- 31 One Day at a Time
- 32 Principles Above Personalities
- 33 Progress Not Perfection
- 34 Quiet The Mind, Open The Heart
- 35 Stay Away From The First Bet
- 36 Stay Sober For Yourself
- 37 Take Care Of Yourself
- 38 Take Your Own Inventory (Not Someone Else's)
- 39 The Elevator is Broken——Use The 'Steps'
- 40 The Healing is in The Hearing
- 41 Think (Stop and Think)
- 42 Think.....Think.....Think
- 43 This is a Selfish Program
- 44 This Too Shall Pass
- 45 To Thine Own Self Be True
- 46 Together We Can Make It
- 47 Turn It Over
- 48 Where Ever You Go There You Are
- 49 You Are Not Alone
- 50 You Can ask God for Help

Acronyms

- 1 LOVE: Let Others Voluntarily Evolve
- 2 ANGER: A Negative Grudge Endangers Recovery
- 3 ASK: Ask Seek Knock
- 4 COOL: CREATIVE OPPORTUNITIES OFFER LOVE
- 5 DETACH: Don't Even Think About Changing Him/Her
- 6 EGO: Edging God Out
- 7 FAITH: Finding Answers In The Heart
- 8 FEAR: False Evidence Appearing Real
- 9 FINE: F**ked Up Insecure Neurotic
- 10 FROG: Fully relying on God
- 11 GOD: Good Orderly Direction
- 12 HALT: Hungry, Angry, Lonely, Tired
- 13 HEART: Healing Enjoying And Recovering Together
- 14 HELP: Help Ourselves Purge Emptiness
- 15 HOPE: Happy Our Program Exists
- 16 HOW: Honest Open Willing
- 17 JADE: (dont) Justify, Argue, Defend, Explain
- 18 MYOB: Mind My Own Business
- 19 NUTS: Not Using The Steps
- 20 PUSH Pray Until Something Happens
- 21 QTIP Quit Taking It Personally
- 22 STEPS: Solutions To Every Problem
- 23 THINK: Thoughtful Honest Intelligent Necessary Kind

Affirmations

- 1 I WILL USE MY PROGRAM
- 2 I WILL BE GOOD TO MYSELF & RELAX
- 3 I WILL BE UNAFRAID
- 4 I WILL BE GRATEFUL
- 5 I WILL APPRECIATE MYSELF & OTHERS
- 6 I WILL BE LOVING & KIND
- 7 I WONT CRITICIZE, I'LL WORK ON MYSELF
- 8 I WILL TACKLE THIS DAY & THIS DAY ALONE,
- 9 I WILL STUDY TO STRENGTHEN MY MIND
- 10 I WILL STRENGTHEN MY BEAUTIFUL BODY
- 11 I WILL MEDITATE
- 12 I WILL BE HAPPY
- 13 I WILL LOVE MYSELF, TRULY & GENTLY
- 14 I WILL ATTEND MEETINGS REGULARLY
- 15 I WILL SURRENDER TO GOD
- 17 I WILL PRAISE & THANK GOD
- 18 I WILL PRAY FOR OTHERS TO RECOVER
- 19 I WILL ASK GOD FOR DIRECTIONS
- 20 I WILL CALL SOMEBODY AND ASK FOR HELP

- 24 YANA: You Are Not Alone
- 25 BYOB: Buy your own Book, & Read it