

Some favorite 12 Step expressions

It is of curious interest that quite a few expressions have become quite dear to 12 Step fellowships. They can be found on t-shirts, buttons, cards baseball hats and bumper stickers, and will be seen hanging on the wall in many a 12 Step meeting room. It's amazing how a newcomer will rattle at first seeing them but later admit how true these slogans and sayings have turned out to be!

Here are some samples:

Easy does it

First things first

A day at a time

We're as sick as our secrets

But for the grace of God

Think .. think .. think

Live and Let Live

Let Go and Let God

KISS -- keep it simple, stupid

Think, think, think

Act as if

This, too, shall pass

No pain, no gain

Just for today

Let it begin with me

Keep coming back. It works if you work it!

HALT – don't let yourself get too hungry(H), angry(A), lonely(L) or tired(T)

Take what you need and leave the rest