

Keep coming back (*Worx* 104-5) (*C2C* 102, 135, 210, 322, 336) (*OHTL* 152-3) (*H4T* *258, 310, 346) (*S2R* t80, b80-83, 163-5) (*P2R* m24-26)

Keep an open mind (*DC* 208, 264) (*Worx* 74) (*H4T* 82, 144, 259, 285, 366) (*S2R* t80) (*C2C* 252)

Keep the focus on myself (*C2C* 25, 29, 79, 90, 109, 131, 166, 185, 194, 199, 214, 300, 310, 312, 329, 344, 345, 359, 364) (*DC* 95-6, 109-11) (*H4T* 22, 33, 39, 67, 94, *136, 145, 241, 308, *337)

Detach with love (*DC* 149-51) (*H4T* 41, 68, 106, 158, 240, *242, *336, 350, 355) (*ODAT* 267, *308) (*C2C* 12, 22, 72, 124, 187, 289) (*LWS* 13) (*S2R* 111-3, 48, 52-5) (*OHTL* *33, 87) (*Worx* 84-6)

Keep it simple, sweetie (*KISS*) (*Worx* 67) (*ODAT* 205) (*DC* 78, 262, 265) (*H4T* 55, *74, 140, 253) (*C2C* 40, 328) (*OHTL* 31) (*12&12*: 18, 101, 121)

HALT (too **H**ungry, **A**ngry, **L**onely, or **T**ired?) (*ODAT* 151) (*C2C* 341) (*H4T* 96, 149, 247) (*Worx* 91-2) (*OHTL* 124-6, *145-6) (*S2R* 20, 22-6, 133-5, 190-4) (*LWS* 24) (*D* 21-6)

THINK (is it **T**houghtful, **H**onest, **I**ntelligent, **N**ecessary, & **K**ind?) (*Worx* 72) (*DC* 190) (*H4T* 24, 36, 62, 283, 312) (*P2R* 105-6) (*C2C* 16, 64, 279) (*OHTL* 26-7)

3C's (**d**idn't **C**ause, **c**an't **C**ontrol, **c**an't **C**ure) (*DC* 23-25) (*P2R* 14-5) (*H4T* 7, 79) (*Worx* 17-8) (*C2C* 128) (*OHTL* 86)

3A's (**A**wareness, **A**cceptance, **A**ction) (*DC* 136, 179, 192, 301) (*H4T* 97) (*C2C* 92, 256) (*OHTL* 18)

Al-Anon Conference-Approved Literature (CAL) referenced above:

12&12: *Al-Anon's 12 Steps & 12 Traditions*

C2C: *Courage to Change*

D: *The Dilemma of the Alcoholic Marriage*

DC: *Discovering Choices*

H4T: *Hope for Today*

LWS: *Living with Sobriety*

ODAT: *One Day at a Time in Al-Anon*

OHTL: *Opening our Hearts, Transforming our Losses*

P2R: *Paths to Recovery*

S2R: *From Survival to Recovery*

Worx: *How Al-Anon Works for Families and Friends of Alcoholics*

Other abbreviations:

t: the top of the page / **m**: middle of the page / **b**: the bottom of the page