

Al-Anon Slogans

Friday Noon Mt. Vernon Group

Baltimore, MD October 2024

Easy does it (DC 80-1, 217-8) (H4T 51, 180, 193) (Worx 68) (S2R 78, 95, 122, 127) (C2C 68, 93, 115, 200, 287) (OHTL 23) (ODAT 301) (LWS 19) (ALTFM 27, 150, 236, 253)

First things first (H4T 73, 255) (Worx 68) (C2C 107, 229, 318) (S2R 95) (OHTL 101, 149, 160) (LWS 15) (ALTFM 2, 186, 196)

One day at a time (DC b11 188-9, 209, b222, 227, *301, 304) (Worx 73) (C2C 1, 3, 10, 15, 27, 138, 164, 190, 213, 271, 315) (H4T 27, 249, 287) (OHTL 14-5, 90, 100-1) (S2R t19, b19-22, t48, 109-11, 156-9, 237-8, 272-4, 287-8) (ALTFM 1, 56, 66, 138, 215, 236, 268, 281, 347)

Just for today/ This too shall pass (DC 133-5, 174-5, 320) (Worx 69) (H4T 48, 218, 227, 248, 249) (OHTL 32, 89 / 106-7) (ALTFM 4, 65, 177, 218, 268, 281, 328)

Let go and let God (12&12: 9) (DC 90, 145-6, 177, 189, 213, 219, 225, 230, 234) (H4T 61, 76, 89, 98, 111, 113, 135, 320, 321, 330) (Worx 75) (C2C 88, 321, 293) (S2R 55, 92, 94, 97-8, 179, 268-9) (OHTL 34, 84, 129-31) (ODAT 163, 220 & 294) (ALTFM 91, 98, 109, 130, 185, 189, 219, 289, 299, 312, 339, 342, 362)

How important is it? (DC 29, 82, 90, 214) (H4T 48, 87, 142, 267, 302) (Worx 71) (C2C 103, 228, 250, 320) (OHTL 90) (ODAT 259, *293) (ALTFM 31, 72, 100, 206, 298)

Live and let live (LWS 12) (12&12: 9, 66) (Worx 75) (S2R 99, 119-22) (C2C 33, 89, 234, 303, 348) (OHTL 80-1, 92, 143, 159) (H4T 24, 70, 92, 112, 142, 252, 274, 309) (DC 16-7, 225-6) (ALTFM 42, 103, 149, 246)

Let it begin with me (12&12: 124) (DC *125-6, 146-7, b267) (OHTL 44-7) (H4T 56, 201, 212, 248, 353) (Worx 70) (S2R 95, 105) (D 64-7) (C2C 109, 267, 337) (ALTFM 23, 92, 203, 277)

Principles above personalities (P2R: 169-71, 235-8, 239, 301-4) (H4T 24, 69, 108, 191, 212, 255, 289, 358) (ALTFM 115, 202, 285, 324, 326, 333, 337, 350, 358)

To thine own Self be true (DC *10, 57-9, 118, 121-2) (OHTL *48-51, 168) (H4T 84, 123, 162, 167, 192, 223, *241, 251, *326, *354) (Worx 23-6) (C2C *24, 143, 175, 208, 296)

An attitude of gratitude (DC 60-1, 286-7) (H4T 23, 47, 72, 84, 151, 247) (Worx 78) (C2C 262, 264, *332, 340) (S2R 100-2, 127-9)

Progress, not perfection (DC 208, 227, 309-10) (H4T 177, 284, 335, 343, 365) (C2C 76, 86, 210, 236, 240, 292, 319, 366) (S2R 105, 185) (OHTL 13, 37, *52) (ALTFM 56, 135, 166, 218, 229, 239)

Listen and learn (DC 15-6, 97, 128-9) (H4T 16, 112, 275, 306) (C2C 21) (S2R 83-5, 96-7) (ODAT 200, 317) (ALTFM 59, 122, 175, 294)

Together We Can Make It (H4T 66, 181, 203) (ALTFM 73, 357)

Turn it over (DC 217-8) (H4T 163, 233, 284, 303) (C2C 225, 59, 269) (S2R 94, 97) >>>

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) (*ALTFM* 23, 111, 290, 306, 325, 340)

Keep an open mind (*DC* 208, 264) (*Worx* 74) (*H4T* 82, 144, 259, 285, 366) (*S2R* t80) (*C2C* 147, 252) (*ALTFM* 25, 71, 115, 124, 139, 188, 256, 297, 333)

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) (*ALTFM* 28, 47, 98, 114, 312, 353)

Keep it simple, sweetie (*KISS*) (*Worx* 67) (*ODAT* 205) (*DC* 78, 262, 265) (*H4T* 55, *74, 140, 253) (*C2C* 40, 328) (*OHTL* 31) (*I2&I2*: 18, 101,121) (*ALTFM* 31, 131, 234, 358, 366)

HALT (too Hungry, Angry, Lonely, or Tired?) (*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) (*ALTFM* 29, 147)

THINK (is it Thoughtful, Honest, Intelligent, Necessary, & Kind?) (*Worx* 72) (*DC* 190) (*H4T* 24, 36, 62, 283, 312) (*P2R* 105-6) (*C2C* 16, 64, 279) (*OHTL* 26-7) (*ALTFM* 298, 322)

3C's (**didn't Cause, can't Control, can't Cure**) (*DC* 23-25) (*P2R* 14-5) (*H4T* 7, 79) (*Worx* 17-8) (*C2C* 128) (*OHTL* 86)

3A's (**Awareness, Acceptance, Action**) (*DC* 136, 179, 192, 301) (*H4T* 97) (*C2C* 92, 256) (*OHTL* 18) (*ALTFM* 33, 80, 271)

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

I2&I2: Al-Anon's 12 Steps & 12 Traditions

ALTFM: A Little Time for Myself

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