

We Love Our Nuggets

- ☺ We're only as sick as our secrets.
- ☺ Resentment is the poison I drink to kill the other person.
- ☺ Willpower tells me I must, but willingness tells me I can.
- ☺ It's hard to be a big shot in an anonymous program.
- ☺ Keep doing what you did and you'll keep getting what you got.
- ☺ We have good news and bad news. The good news is that you never have to drink again. The bad news is that we're your new best friends.
- ☺ Drinking is not the problem – it's a symptom of the problem.
- ☺ Sometimes the only thing between an alcoholic and a drink is his Higher Power.
- ☺ In the beginning I went for my drinking. Today I go for my thinking.
- ☺ We don't think our way to right action - we act our way to right thinking.
- ☺ It wasn't my drinking, it was my thinking.
- ☺ Fake it till you make it.
- ☺ Poor me, poor me, pour me another drink.
- ☺ I was the black sheep of the family. Then I came to Alcoholics Anonymous and found the rest of the herd.
- ☺ I can handle the charging elephants - it's the gnats that get me.
- ☺ A closed mouth gathers no foot.
- ☺ If you make it through the whole day without taking a drink, you get a 100.
- ☺ Looking for a relationship in A.A. is like shopping for a car in a junkyard.
- ☺ Rarely does anyone show up at an A.A. meeting that doesn't need to be in an A.A. meeting.
- ☺ Drink until you're convinced.
- ☺ It all works out in the end... If it hasn't worked out yet, it's not the end.
- ☺ Pray daily, God is easier to talk to than most people.
- ☺ If drinking doesn't bring you to your knees, sobriety will.
- ☺ When you sober up a horse thief, what you have is a sober horse thief.
- ☺ Once you're a pickle, you can't go back to being a cucumber.
- ☺ EGO = Edging God Out
- ☺ GOD = Good, Orderly Direction
- ☺ FEAR = False Expectations Appearing Real
- ☺ HALT = Don't let yourself get too Hungry, Angry, Lonely or Tired.
- ☺ SLIP = Sobriety Losing It's Priority
- ☺ We came, we came to, then we came to believe.
- ☺ We suffer from alcohol-ISM, not alcohol-WASM
- ☺ Most people drink normally; I normally drink.
- ☺ The person with the most sobriety is the one who got up earliest this morning.
- ☺ If you don't want to slip, stay away from slippery places.
- ☺ Underneath every skirt is a slip. (attributed to Dr. Bob)
- ☺ The mind is like a parachute, it works better when it's open.
- ☺ Meeting-makers make it.
- ☺ My very best thinking earned me a seat in an A.A. meeting.
- ☺ You can't save your face and your ass at the same time.
- ☺ If I don't let go, I lose my grip.

- ⊗ Steps 1, 2, and 3: I can't, He can, I think I'll let Him.
- ⊗ We will love you until you learn to love yourself.
- ⊗ Don't leave before the miracle happens.
- ⊗ If you don't have a Higher Power, borrow mine.
- ⊗ It's about the journey, not the destination.
- ⊗ Unless I accept my virtues, I will be overwhelmed by my faults.
- ⊗ We're not bad people trying to get good, we're sick people trying to get well.
- ⊗ Let God save your soul - we're here to save your ass.
- ⊗ If you want to change who you are, change what you do.
- ⊗ It's progress, not perfection.
- ⊗ We are like the miner who has found a limitless lode, and the only way it will pay dividends is if he mines it for the rest of his life, and gives it all away.
- ⊗ If you don't talk about it, you'll drink about it.
- ⊗ I may not be much, but I'm all I ever think about.
- ⊗ Humility is not thinking less of yourself, but thinking of yourself less.
- ⊗ Expectations are resentments under construction.
- ⊗ It's OK to look back at the past - just don't stare.
- ⊗ My mind is like a bad neighborhood - it's not safe to go there alone.
- ⊗ The only thing I need to know about God is that there is one, and I'm not it.
- ⊗ Trust God, Clean house, Help others. (attributed to Dr. Bob)
- ⊗ Think through the drink.
- ⊗ A.A. is a simple program for complicated people.
- ⊗ My brain is out to kill me and make it look like an accident.
- ⊗ We don't think our way to right action, we act our way to right thinking.
- ⊗ Step 3 doesn't mean I can sit in the closet and wait on God to bring me hot dogs.
- ⊗ If you can't be an adult, then pretend to be an adult.
- ⊗ We cannot heal or change what we will not acknowledge.
- ⊗ My job is to do the work; the results are up to God.
- ⊗ Watch my feet, not my mouth.
- ⊗ When I don't want to go to a meeting is when I need to go to a meeting.
- ⊗ I may not be where I want to be but thank God I'm not where I used to be!
- ⊗ Courage is fear that has learned how to pray.
- ⊗ The way to build self-esteem is by doing esteemable acts.
- ⊗ If you're talking to yourself, then you're talking to the wrong person.
- ⊗ People who don't go to meetings never get to see what happens to people who don't go to meetings.
- ⊗ If you like everyone you've met at meetings, you haven't been to enough meetings.
- ⊗ I tried to contain myself but I escaped.
- ⊗ I tried some controlled unmanageability... It didn't work.
- ⊗ If you spot it, you got it.
- ⊗ Pain is inevitable, misery is optional.
- ⊗ A coincidence is God's way of being anonymous.
- ⊗ People don't care how much you know, until they know how much you care.
- ⊗ People that don't have a problem with alcohol, never spend time wondering if they might have a problem with alcohol.
- ⊗ Thankful is a feeling, gratitude is an action word.