

## Helpful Recovery Thoughts and Slogans

- Easy does it
- Live and let live
- One day at a time
- First things first
- God never wastes a hurt
- Do the next right thing
- Keep the main thing the main thing
- The one who angers you controls you
- Place principals above personalities
- Avoid the craziness of the busies
- Don't quit before the miracle
- We are as sick as our secrets
- Hurt people hurt people
- People make mistakes...People are not mistakes
- Let go and let God!
- Didn't cause it. Can't control it. Can't cure it.
- I can't. God can. I think I'll let Him.
- 3-step it now or 12-step it later.
- Would you rather be right or well?
- Nothing changes if nothing changes.