

Co-Addiction Slogans

THE INSANITY

This is hopeless.... I can't! I'm paralyzed with fear!

I've got to understand everything before I do anything.

I've got to fix it now! It's time to get running.

I'm bad. I'm unworthy. I must whip myself into shape.

I've got to do it all at once. Who needs priorities?

My life depends on it!

It seems really complicated...

I've got to hang on to it... I don't trust...I must do it myself.

I don't want to hear it. I already know it. I know everything.

It drives me crazy when people do that.

It's too much for me... I feel overwhelmed by the future.

I've got to do everything perfectly. I've got to be perfect.

I feel like I will die if I don't get some relief.

I can't believe he/she did that to me. I will get revenge.

It's not possible for good to come out of this situation.

Here I am, back in the same mess again.

This is not working for me. I give up.

I am so mad I can't even think straight.

I won't stop until I prove that I am right.

My mind is running in a million different directions.

THE SLOGAN

Act As If

Analysis Is Paralysis

Don't Just Do Something, Sit There

Easy Does It

First Things First

How Important Is It?

Keep It Simple

Let Go And Let God

Listen And Learn

Live And Let Live

One Day At A Time

Progress Not Perfection

This Too Shall Pass

Hurt People - Hurt People

God Never Wastes A Hurt

Nothing Changes If Nothing Changes

Don't Quit Before the Miracle

Those Who Anger You Control You

Do You Want To Be Right - Or Well?

Keep The Main Thing -The Main Thing