

SHORTCUTS TO RECOVERY

The seven greatest words in recovery are: "I don't know, will you help me?"

Grateful never relapses. Ever.

If you have to keep it a secret, don't do it.

The argument you win is the one you don't enter.

The truth you tell is equal to the help you will receive. Want more help? Tell more truth.

Freedom starts with forgiveness. What you DON'T forgive, you WILL become.

What you give energy to...will continue.

You are what you answer to. You can take it personally or look at it truthfully. Choose.

Whatever you thought about most yesterday was your higher power yesterday.

Where you AIM yourself is where you'll find yourself.

At group level, profanity reduces credibility. Gratitude reduces rude and crude.

#BEFIRST. If you don't SEE some, BE some.

True recovery is your commitment to you when no one is watching you.

Anything you put above your own recovery, you're going to lose.

When you turn your life around, self centered becomes a centered self.

The bag, the bottle, the behavior: If you don't change the third one, you will go back to the first two.

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