

Spontaneous "Wisdom" of Alcoholics Anonymous Members:

- >
- >> **1. It's not old behavior if I'm still doing it.**

- > **2. If you're looking to have an image in AA, look around at the meetings you go to and look at whom you're trying to impress.**

- > **3. An alcoholic is a person who wants to be held while he's isolating**
>- (as opposed to the gregarious isolator)

- > **4. Sobriety is the leading cause of relapse.**

- > **5. A treatment center is where you go and pay \$15,000 to find out that AA meetings are free.**

- > **6. The idea that alcoholics, drug addicts, sex addicts, overeaters, smokers, etc, etc, should all just go to AA meetings because a disease, is a disease, is a disease...was started by a treatment center that only had one van.**

- > **7. This is a 'One Day at a Time' program. If you are clean and sober today, you are tied for first place in AA.**

- > **8. If drinking is interfering with your work, you're probably a heavy drinker.**
> **If work is interfering with your drinking, you're probably an alcoholic.**

- > **9. I often obsessively pursue feeling good, no matter how bad it makes me feel.**

- > **10. When I was new, I didn't think I had any obsessions until I started thinking about it.**
>**Then it was all I could think about.**

- > **11. How come if alcohol kills millions of brain cells,**
>**it never killed the ones that made me want to drink?**

- > **12. From a newcomer reading the 'Promises' for the first time: We will comprehend the word cemetery and we will know peace.**

- > **13. If God were small enough to be understood, He wouldn't be big enough to be God!**

- > **14. If you want to quit drinking, you are going to have to quit drinking.**

- > **15. Newcomer: How do I know how many meetings I should attend each week?**
>
> **Old-timer: Gradually cut back until you drink. Then...you'll know.**

- > **16. I would rather go through life sober, believing I am an alcoholic,**
>**than go through life drunk, trying to convince myself that I am not an alcoholic.**

- > **17. Resentments are like stray cats: if you don't feed them, they'll go away.**
- > **18. The difference between a problem drinker and an Alcoholic is that:**
 - > **A) When alcohol is taken away from the problem drinker, the problem goes away.**
 - > **B) When alcohol is taken away from the Alcoholic, the problem begins.**
- > **19. Before I came into AA, I was dead, but I did not know enough to lie down.**
- > **20. I drank when I was happy. I drank when I was unhappy.**
 - > **Actually, I am a reason to drink.**
- > **21. You don't have to be sick to want to get well.**
 - > **But if you don't want to get well, you ARE sick.**
- > **22. The good news is you get your emotions back;**
 - > **the bad news is you get your emotions back.**
- > **23. All we ask is that you completely change your attitude as soon as possible.**
- > **24. I have held many things in my hands, and I have lost them all; but**
 - > **whatever I have placed in God's hands, that I still possess.**
- > **25. Without memory, there is no healing. Without forgiveness, there is no future. >>**