

SLOGANS

(Collected by Karen O-E)

One Day at a Time

Live and let live

Turn it over

Let go and let God

You can't keep what you are not
willing to give away

Keep Coming Back

Easy Does It

Easy Does it but Do it

Stick with the winners and win
with the stickers

This too shall pass

Take what you like and leave the rest

Think, think, think

I came for the vanity and
stayed for the sanity

Keep it simple

People who quit going to meetings never find out what happens to
People who quit going to meetings.

The only time I need to go to a meeting is when I want to go to a
meeting and when I don't want to go to a meeting.

God sits at meetings with skin on

Don't compare your insides to other peoples' outsides

Honesty

Don't get too: Hungry

Open-mindedness

Angry

Willingness

Lonely

Tired

When in doubt - leave it out

Walk your talk

Share it or wear it

I am a Miracle

Have an Attitude of Gratitude

First Things First

If it doesn't work don't fix it

Progress **NOT** perfection

A.A. stands for **A**ttitude **A**adjustment

Go to meetings, pay attention, tell the truth

Three meals a day and life in between

G **O** **D**
 O R I
 O D R
 D E E
 R C
 L T
 Y I
 O
 N

Kee**p**
It
Simple
Sweetie (some people
 say stupid)

The 3 A's:

Awareness
Acceptance
Action

False
Evidence
Appearing
Real

Abstinence **IS** the, "easier, softer way

No (BLT's) NO BITES - NO LICKS - NO TASTES - NO SIPS

SLOGANS

(Slogans from the Twin Rocks Serenity Retreat
not included in the handout Karen O-E distributed March 2009)

Act as if
Abstinence comes first

Close mouth, open ears
Compulsive eating is a subtle foe
Compulsive eating is cunning, baffling and powerful

Don't eat no matter what - no matter
what don't eat

Fake it until you make
Focus on the weight & the program goes away
Focus on the program & the weight goes away

I can't, God can, I think I'll let him
I can't keep what I am not willing to give away
It came to pass, it didn't come to stay
It works if you work it

Just for today

Lean and serene

Recovery is an inside job

Share it or wear it
Suit up and show up

There are no dues or fees
for OA but we have paid
for our membership by:

Pitiful

And

Incomprehensible

Demoralization

Take what you like and leave the rest
This too shall pass
Tough shit, don't eat
Turn it over

Abstinence *

Exercise

I (self care)

Others

Urges or understanding

Yahoo

Because

I'm

Not

Good

Enough

Edging

God

Out

Face

Everything

And

Recover

Future

Events

Appearing

Real

Fearful

Insecure

Neurotic

Emotional

Good

Ordery

Direction

Spirituality *

Exercise

Rest

Food Plan

Willingness

Honesty

Open minded

Acceptance/Abstinence

3 meals a day

0 (nothing) in between

1 day at a time

* Can be used as 10th
Step Guide