

Program Slogans and Mottos To Live By

1. Abstain from negative thinking.
2. Abstinence frees me to choose healthy foods, friends and thoughts.
3. Abstinence is a lifestyle.
4. Abstinence is an act of faith.
5. Abstinence is never owned. It is rented and rent is due daily.
6. Abstinence is the most important thing without exception.
7. Abstinence makes the heart grow fonder.
8. Abstinence satisfies.
9. Acceptance is the answer to all my problems.
10. Acceptance takes courage.
11. Act as if.
12. Apply the Steps.
13. Attitude of gratitude.
14. Being right is not as important as being FREE.
15. BINGE=Because I'm Not Good Enough.
16. But for the grace of God...
17. Came for the vanity. Stayed for the sanity.
18. Coincidence is God remaining anonymous. (God-incidence)
19. Courage is fear that has said it's prayers.
20. Courage is feeling the fear and doing it anyway.
21. Cultivate an attitude of gratitude.
22. Disease feeds the disease.
23. Don't believe everything you think.
24. Don't binge/purge/restrict, no matter what!
25. Don't compare your insides to other people's outsides.
26. Don't give up until the miracle happens.
27. Don't take that first bite.
28. Don't tell God how big your problems are. Tell your problems how big God is.
29. Easy does it-but do it.
30. Eating a meal-is like letting the tiger out of the cage three times a day.
31. EGO-Easing God Out.
32. Expect a miracle.
33. Expectations=Resentments under construction.
34. Face your stuff or stuff your face.
35. Fail to plan; plan to fail.
36. Faith comes before fear in the dictionary.

37. Fake it 'til you make it.
38. FEAR= F*** Everything And Run.
39. FEAR= Face Everything And Recover.
40. FEAR= False Evidence Appearing Real.
41. FEAR= Forgetting Everything is All Right.
42. FEAR is not fact.
43. Feelings aren't facts.
44. First things first.
45. Focus less on food and more on people.
46. Focus on the positive.
47. Food is fuel, it's not my lover or friend.
48. Food won't fix it.
49. For every problem, there is a spiritual solution.
50. Full of food vs. full of God.
51. God doesn't make junk.
52. God didn't bring me this far to drop me.
53. God grant me the serenity to accept the things I cannot change.
54. God is more powerful than_____!!!!
55. God is not in the fridge.
56. God's will is a loving thought and a loving action.
57. Go where the Love is-not where it isn't.
58. GOD= Gift Of Desperation.
59. GOD= Good Orderly Direction.
60. God is in the now.
61. Half measures avail us nothing.
62. HALT-don't get too Hungry, Angry, Lonely or Tired.
63. Happy, joyous and free.
64. Head Trip=negative thoughts and unfinished issues lead me to food.
65. Holding resentment- drinking poison expecting the other person to die.
66. How I feel about my body has nothing to do with how I look.
67. How important is it?
68. HP is the most important thing in my life, without exception.
69. HP wants the best for me.
70. Humility isn't thinking less of yourself; it's thinking of yourself.
71. I can get through the day. I can get through this moment.
72. I can't, He can, I think I'll let Him.
73. I don't think less of myself; I think of myself less.
74. I no longer serve God in an advisory capacity.
75. I'm not the food police.
76. If God brought me to it, He'll bring me through it.

77. If I don't feel close to God, who moved?
78. If I have a problem and eat over it, I have two problems.
79. If in doubt, leave it out.
80. If it ain't broke, don't fix it.
81. If nothing changes, nothing changes.
82. If you do what you've always done, you'll get what you've always gotten.
83. If you feed your faith, your doubts will starve.
84. If you pray, don't worry. If you worry, don't pray.
85. I'm an egomaniac with an inferiority complex.
86. Imperfect but trying.
87. Impression management vs. honesty with God, self and others.
88. Insanity is doing the same thing over and over and expecting different results.
89. Isolation is the darkroom where I develop my negatives.
90. It takes as long as it takes.
91. It takes what it takes.
92. It's easier to stay abstinent than to get abstinent.
93. It works if you work it, and you're worth it!
94. It's an inside job.
95. It's not what you're eating; it's what's eating you.
96. Just for today, for this hour, this minute, this second, this moment.
97. Just willing enough(to do it.)
98. Keep an open mind.
99. Keep coming back.
100. Keep your recovery first to make it last.
101. Keep your side of the street clean.
102. KISS-Keep It Simple Sweetie.
103. Leave the results to God.
104. Less is more.
105. Let it begin with me.
106. Let go and let God.
107. Let go of black and white thinking.
108. Let go or get dragged.
109. Let us love you until you learn to love yourself.
110. Life becomes more than food.
111. Life on life's terms.
112. Listen to the sane voice.
113. Live and learn.
114. Live and let live.

- 115.Live in the problem or live in the solution.
- 116.Look for a gift from HP every day.
- 117.Meeting makers make it.
- 118.Mind your own business.
- 119.More will be revealed.
- 120.Most folks are as happy as they make up their minds to be. (A.Lincoln)
- 121.Move a muscle, change a thought.
- 122.My weight is not my business.
- 123.My worst day abstinent is better than my best day in the disease.
- 124.Nothing tastes as good as abstinence feels.
- 125.OA allows me to "be."
- 126.OA is not drive through recovery.
- 127.OA is not for those who need it; it's for those who want it.
- 128.One day at a time.
- 129.One is too many and one thousand is not enough.
- 130.People are God with skin on.
- 131.Practice makes progress.
- 132.Principles before personalities.
- 133.Progress not perfection.
- 134.PUSH= Pray Until Something Happens.
- 135.Push the pause button.
- 136.Put one foot in front of the other and keep moving forward.
- 137.Rejection is God's protection. Something better is on the way.
- 138.Relapse is not a requirement.
- 139.Release what does not bless you.
- 140.Resentment is anger without the enthusiasm.
- 141.Resentment is a deadly hazard.
- 142.Say what you mean but don't say it mean.
- 143."Self-care" is not a four letter word.
- 144.Serenity isn't freedom from the storm. It's peace within the storm.
- 145.Service is it's own reward.
- 146.Share it don't wear it.
- 147.Sick and tired of being sick and tired.
- 148.Some prayers are short: "Help!" "Thanks!"
- 149.Spread the message, not the mess.
- 150.Stay away from two pests: hurry and indecision.
- 151.STOP= Stop TO Pray.
- 152.Suit up and show up.
- 153.Surrendering means you don't have to fight anymore.
- 154.Take action and let go of the results.

155. Take what you like and leave the rest.
156. That hasn't happened to me-yet.
157. That's not my food.
158. The elevator is broken. Take the Steps.
159. The key to the future is forgiveness.
160. The kitchen is closed.
161. The quickest way out is through.
162. The three A's: awareness, acceptance, action.
163. Two times to go to a meeting: when you want to and when you don't.
164. There is no situation that a compulsive bite won't make worse.
165. Think. Think. Think.
166. This is a progressive disease.
167. This program is simple, not easy.
168. This too shall pass.
169. Thy will be done.
170. Time takes time.
171. "To be or not to be abstinent?" That is the question. God is the answer.
172. To eat is a necessity but to eat wisely is an art.
173. To thine own self be true.
174. Today is a gift. That is why it's called the present.
175. Today is the first day of the rest of your life. If you slip, start over.
176. Together we can.
177. Together we get better.
178. Utilize, don't analyze.
179. What you resist persists.
180. What's right about me?
181. We're a program of attraction, not promotion.
182. We can only keep our recovery if we give it away.
183. When I stopped living in the problem, the problem went away.
184. When one door closes, another door opens.
185. When pointing a finger at another, remember, three are pointing back at me.
186. With God, all things are possible.
187. You are not alone.
188. You can't save your ass and your face at the same time.
189. You're only as sick as your secrets.
190. Your bottom is whenever you stop digging.