

12 Step ACRONYMS

B I G B O O K – Believing In God Beats
Our Old Knowledge

D A M M – Drunks Against Mad Mothers

D E A D – Devoring Ends All Dreams

D E N I A L – Don't Even Notice I Am Lying

D E T A C H – Don't Even Think About
Changing Her/Him

D E A D – Drinking Ends All Dreams

E G O – Edging God Out

F A I T H – Fantastic Adventure In Trusting
Him · Facing An Inner Truth Heals

F A M I L Y – Forget About Me I Love You

F E A R – F*k Everything And Run · Fight
Everyone And Relapse · False Evidence
Appearing Real · Face Everything And
Recover

F I N E – F*ked up, Insecure, Neurotic &
Emotional

F O G – Fear Of God

H O P E – Happy Our Program Exists

G I F T – God Is Forever There

G O D – Good Orderly Direction

H A L T – Hungry, Angry, Lonely, Tired ·
Hope, Acceptance, Love & Tolerance

H O W – Honest, Open, Willing

I S M'S – I, Self, Me · I See Me · I Sponsor
Myself · I Sabotage Myself · Internal
Spiritual Malady · Incredibly Short
Memory

N U T S – Not Using The Steps

P U S H – Pray Until Something Happens

S L I P – Sobriety Looses It's Priority

S T E P (S – Solution To Every Problem

T H I N K – Is it: Thoughtful? Honest?
Intelligent? Necessary? Kind?

T I M E – This I Must Experience

W I S D O M – When In Self Discover Our
Motives

SERENITY

See things for what they are

Everything happens for a reason

Rely on God for the answer

Engage in prayer when you are in need

Never give up on God, God never gives up on you

Illustrate character by example

Try forgiveness

Yesterday learn from, today learn towards, tomorrow learn to