

AKRONYMS

Compliments of Miracles on 20th St., Huntington, WV

AA	Absolute Abstinence
	Adventurer's Anonymous
	Altered Attitudes
	Attitude Adjustment
	Altruistic Action
AA's R US -	Alcoholics Anonymous Recovery Unity Service
ABC -	Acceptance, Belief, Change
	Ashtrays, Broom, Coffee
	Ashtrays, Broom, Chairs
ACTION -	Any Change Toward Improving One's Nature
	Any Change To Improve Our Natures
ADDICT-	Anybody Doing Drugs In Compulsive Trouble
AGAINST-	After Grandiose And Insane Neurotic Stupidity Trips
ALCOHOLICS-	A Life Centered On Helping Others Live In Complete Sobriety
ANONYMOUS-	Actions Not Our Names Yield Maintenance Of Unity and Service
	Actions Not Our Names Yield Maintenance Of Uninterrupted Sobriety
ANGER -	Any No-Good Energy Rising
ASK-	Ass-Saving Kit
BAR-	Beware Alcohol, RUN
	Beware Alcohol Ruin
BATH -	Behavior, Attitude, Thinking, Habits
BEST -	Been Enjoying Sobriety Today
BIG BOOK-	Believing In God Beats Our Old Knowledge
BOGGLE -	Bad Or Good, GOD Loves Everyone
BS -	Before Sobriety
BUT -	Being Unconvinced Totally
CALM -	Can Anger Leave Me?
CARDS -	Call your sponsor
	Ask for help from your Higher Power
	Read the Big Book
	Do the Twelve Steps
	Stay active in your group
CARE -	Comforting And Reassuring Each other
CHANGE -	Choosing Honesty Allows New Growth Everyday
	Can Help Attract New Gifts and Energy
CHAOS -	Can't Handle Another Overwhelming Situation
CIA-	Catholic Irish Alcoholic
CLEAN-	Completely Leaving Every Addiction Now
CRAP -	Carry Resentments Against People
DEAD -	Drinking Ends All Dreams
DENIAL -	Don't Even Notice I Am Lying
DETACH-	Don't Even Think About Changing Him/Her

DRAMA -	Dumb Retards Asking for More Attention
	Damn Relapsers Asking for More Attention
DRY-	Doing Recovery Yourself
DT's	Don't Think Shit
DUES-	Desperately Using Everything but Sobriety
EDI not DIE	Easy Does it not Does It Easy
EGO -	Easing God Out
	Edging God Out
FAILURE -	Fearful, Arrogant, Insecure, Lonely, Uncertain, Resentful Empty
FAITH -	Finding Answers In The Heart
	Fantastic Adventures In Trusting Him
	Found Always In Trusting Him
	For An Instant Trust Him
	Fear Ain't In This House
	Facing All In Trusting Him
FAMILY-	Father And Mother I Love You
FEAR -	Failure Expected And Received
	Face Everything And Recover
	Frustration, Ego, Anxiety, Resentment
	Fools Every Alcoholic Repeatedly
	Forever Escaping And Retreating
	F..k Everything And Run
	False Evidence Appearing Real
	Few Ever Arrive Rejoicing
	False Expectations Appearing Real
	Fear Expressed Allows Relief
	Feelings Every Alcoholic Rejects
	Fighting Ego Against Reality
	Forget Everything and Run
	Forgetting Everything's All Right
	Frantic Effort to Appear Real
	Frantic Efforts to Appear Recovered
FEEL -	Feel, Experience, Express, Let go
FINE -	Feeling Insecure, Numb and Empty
	Free, Independent, New and Energetic
	Faithful, Involved, knowledgeable and Experienced
	Frantic, Insane, Nuts and Egotistical
	Freaked out, Insecure, Neurotic and Emotional
	Frustrated, Insecure, Neurotic and Emotional
	F--cked, Insecure, Neurotic and Emotional
FIT -	Faith, Intuition, Trust
FROG	Fully Relying On God

GIFT -	God Is Forever There
GIFTS -	Getting It From The Steps
GOD-	Good Orderly Direction
	Gift of Desparation
	Group of Drunks
	Go On Dreaming
	Get Out Devil
	Grow Or Die
	Guy's/Gal's Obviously Drunk
	Group of Druggies
GOYA-	Get Off Your Ass
GRACE -	Gently Releasing All Conscious Expectations
GUT-	God's Undeniable Truths
HALT -	Hungry, Angry, Lonely, Tired
	Honest, Active, Loving, Tolerant
	Hope, Acceptance, Love, Tolerance
	Horny, Arrogant, Lazy and Tragic
HALTS-	Hungry, Angry, Lonely, Tired and Stupid
HALTS FEAR-	Hope, Acceptance, Love and Tolerance Stops Forgetting that Everythings All Right
HELP -	Hope, Encouragement, Love and Patience
	His Ever Loving Presence
HIGH -	Hope is Gathered Here
HOPE -	Help Open People's Eyes
	Happy Our Program Exists
	Helping Other People Everyday
	Hearing Other Peoples' Experience
	Honest, Open, Positive Environment
	Heart Open; Please Enter
	Hang On, Pray Everyday
	Hang On! Peace Exists...
	Having Organized Priorities Everyday
HOW -	Honest, Open, Willing
HUFF	Honesty, Unselfishness, Faith, Freedom
IC	Insanity & Consequences
ISM -	I Sponsor Myself
	Incredibly Short Memory
	InSide Me
	I Sabotage Myself
	I, Self, Me
KISS -	Keep It Simple.....Surrender
	Keep It Simple, Stupid
	Keep It Simple, Sugar
	Keeping It Simple, Spiritually
	Keep It Simple, Sweetheart

LET GO -	Leave Everything To God Okay
LOVE	Living Our Valuable Experiences
MIRACLE(S)	Maybe I Really Am Capable, Loving, Exceptional, (Super)
MMM-	Meetings, Meditation and Masturbation (recommended for the first year)
NEW -	Nothing Else Worked
NOW-	No Other Way
NOWHERE-	Not Nowhere but NOW HERE
NUTS -	Not Using The Steps
OUR-	Openly Using Recovery
PACE -	Positive Attitudes Change Everything
PAID-	Pitiful And Incomprehensible Demoralization
PEACE -	Providing Experienced Attitude Changes Everyday
	Praying Energetically Always Creates Ease
PHD-	Pretty Heavy Drinker
PMS-	Poor Me Syndrome
	Pour More Scotch
PLUTO-	Patience, Love, Understanding, Tolerance, Obedience
	Patience, Love, Understanding, Tolerance, Open-Mindedness
PRIDE-	Personal Recovery Involves Deflating Ego
	Pretty Ridiculous Individual Displaying Ego
PROGRAM-	People Relying On God Relaying A Message
PUSH -	Pray Until Something Happens
PUT -	Patience, Understanding, Tolerance
RACING -	Real Alcoholics Centered Inward Needing God
RAGE-	Real Angry Gut-level Ego
RELAPSE-	Recovery Exits - Life And Program Seem Empty
RELATIONSHIP-	Real Exciting Love Affair Turns Into Outrageous Nightmare, Sobriety Hangs In Peril
RATTLE -	Remember Always That Terrible Last Evening
RID -	Restless, Irritable and Discontent
	Redefine Innermost Design
RUN + I = Ruin	Ruin
RUN - I = RUN	Let God RUN the show because I ruin everything
SAD-	Synthetic Alternative Dependency
SHIT-	See How I Think
	Simply How I Think
	See How I'm Thinking
SIMPLE	Steps, Inventory, Meditation, Persistence, Love & Excitement
SIT -	Stay Into Today
SLIP -	Sobriety Loses Its Priority
SOB-	Sober Old Biker
	Sober Old Bitch

	Sober Old Bag
	Sober Old Bastard
SOBER-	Son Of A Bitch Everything's Real
	Spiritually On Beam, Everything's Right
SOBRIETY -	Stay On Board Recovery Is Everything To You
	Stay Off Booze Recovery Is Everything To You
SOLUTIONS-	Saving Our Lives Using The Inventory Of Needed Steps
SPONSOR -	Sober Person Offering Newcomer Support Of Recovery
STAR-	Start Talking About Recovery
STEPS -	Solutions To Every Problem in Sobriety
	Solutions To Every Problem in Society
	Solutions To Every Problem Sober
STOP-	Sicker Than Other People
SWAT -	Surrender, Willingness, Acceptance, Trust
TEAM -	Together Everyone Achieves More
THINK -	The Happiness I Never Knew
THROUGH	The Hell Running Over Us Gradually Heals
TIME -	Things I Must Earn
TRUST -	Try Relying Upon Steps and Traditions
	Try Really Using Step Three
	Teaching Recovery Using Steps and Traditions
WASP-	Worry, Anger, Self Pity
WHO -	Willingness, Honesty, Open-minded
WHO ME? -	Willingness, Honesty, Open-minded, Must Exist
WILLING-	When I Live Life I Need God
WISDOM-	When Into Self Discover Our Motives
WORK-	What Our Recovery Knows
WORRY-	Wrong Or Right, Remain Yourself
YADA YADA	Your Attitude Deters Acceptance -You Are Defintely Appreciated
YANA -	You Are Not Alone
YET-	You're Eligible Too
	You'll End-up There