

## AKRONYMS

Compliments of Miracles on 20th St., Huntingtin, 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

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

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

	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 Definitely Appreciated
YANA -	You Are Not Alone
YET-	You're Eligible Too
	You'll End-up There