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Institute of Behavioral Research
Texas Christian University
TCU Box 298740
Fort Worth, TX 76129

(817) 257-7226
FAX 257-7290
E-Mail IBR@TCU.EDU
Web site: www.ibr.tcu.edu

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A series of helpful slogans have grown up around AA and other *Twelve Step* groups. Although there is no “official” list of the slogans, they are well known in most Twelve Step groups and are often posted on the walls of meeting rooms. The slogans can be very helpful. They are short, simple, but powerful statements that are easy to remember, and can be used to remind a person about important issues. We have created a series of maps based on some of the popular slogans. Because they are so short and simple, people may not initially grasp their power. These maps provide a way to explore the slogans’ deeper meanings and how to apply them in everyday life. Since individual *Twelve Step* groups often create their own slogans, we have added a blank map at the end of this section to use with any additions to this set of slogans.

FIRST THINGS FIRST

Def

This is what "first things first" means to me.

L

This is how using "first things first" can help me.

Ex

These are situations where I need to remember "first things first."

Ex

This is how I am going to use "first things first" to improve these situations.

Def = Definition

L = Leads to

Ex = Example

JUST FOR TODAY

Def

This is what "just for today" means to me.

L

This is how using "just for today" can help me.

Ex

These are situations where I need to remember "just for today."

Ex

This is how I am going to use "just for today" to improve these situations.

Def = Definition

L = Leads to

Ex = Example

EASY DOES IT

Def

This is what "easy does it" means to me.

L

This is how using "easy does it" can help me.

Ex

These are situations where I need to remember "easy does it."

Ex

This is how I am going to use "easy does it" to improve these situations.

Def = Definition

L = Leads to

Ex = Example

ONE DAY AT A TIME

Def

This is what "one day at a time" means to me.

L

This is how using "one day at a time" can help me.

Ex

These are situations where I need to remember "one day at a time."

Ex

This is how I am going to use "one day at a time" to improve these situations.

Ex = Example

L = Leads to

Def = Definition

LIVE AND LET LIVE

Def

This is what "live and let live" means to me.

L



This is how "live and let live" can help me.

Ex



These are situations where I need to "live and let live."

Ex



This is how I am going to use "live and let live" to improve these situations.

Def = Definition

L = Leads to

Ex = Example

SURRENDER TO WIN

Def

This is what "surrender to win" means to me.

L

This is how using "surrender to win" can help me.

Ex

These are situations where I need to "surrender to win."

Ex

This is how I am going to use "surrender to win" to improve these situations.

Def = Definition L = Leads to Ex = Example

ACCEPTANCE IS THE ANSWER TO ALL MY PROBLEMS TODAY

Def

This is what "acceptance is the answer to all my problems today" means to me.

L

This is how using "acceptance is the answer to all my problems today" can help me.

Ex

These are situations where I need to remember "acceptance is the answer to all my problems today."

Ex

This is how I am going to use "acceptance is the answer to all my problems today" to improve these situations.

Def = Definition

L = Leads to

Ex = Example

TURN IT OVER

Def

This is what "turn it over" means to me.

L

This is how "turning it over" can help me.

Ex

These are situations where I need to "turn it over."

Ex

This is how I am going to use "turn it over" to improve these situations.

Def = Definition L = Leads to Ex = Example

LET GO AND LET GOD

Def

This is what "let go and let God" means to me.

L

This is how "letting go and letting God" can help me.

Ex

These are situations where I need to "let go and let God."

Ex

This is how I am going to use "let go and let God" to improve these situations.

Ex = Example

L = Leads to

Def = Definition

CHECK YOURSELF BEFORE YOU WRECK YOURSELF

Def

This is what "check yourself before you wreck yourself" means to me.

L

This is how "check yourself before you wreck yourself" can help me.

Ex

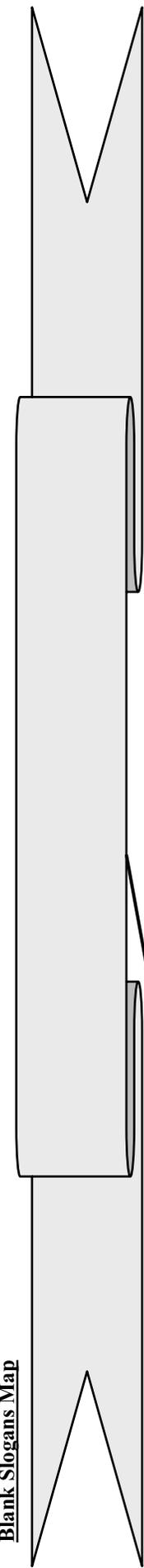
These are situations where I need to check myself before I wreck myself.

Ex

This is how I am going to use "check yourself before you wreck yourself" to improve these situations.

Def = Definition L = Leads to Ex = Example

Blank Slogans Map



Def

This is what _____ " _____ " means _____ to me.

L

This is how _____ " _____ " can help me.

Ex

These are situations where I need to use _____ " _____ " _____

Ex

This is how I am going to use _____ " _____ " to improve these situations.

Def = Definition L = Leads to C = Characteristic

Discussion Topics for the Slogans Maps

These are just a few possible discussion topics. We recommend that you have a discussion about the maps so that people can consolidate the information and insights they may have gained while exploring the slogans. The format of the discussion is up to you.

- **Discuss any new insights you have gained on the meaning or use of the slogans.**
- **What other slogans would it be helpful to map out?**
- **Which slogan is your favorite and why?**
- **How have you used the slogan in the past?**
- **How do you plan to use the slogan in the future?**
- **Are some slogans more useful in some situations than others? (Which slogan is most useful with family? at work?)**
- **How can the slogans help you work your *Twelve Step Program*? How can they help with the step you are currently on?**