

Freethinker Slogan Activity

Notes

The Freethinkers did not list any "god" slogans, and these include all kinds of 12-Steps slogans, not just those for OA. For the meeting activity, we ask fellows to randomly choose 3-5 numbers between 1 and 43, and those are the slogans for the night's discussion. We keep track of which slogans were selected, and we do not reuse slogans until they've all been used.

Slogans

- 1 One day at a time.
- 2 Easy does it.
- 3 Came for the vanity, stayed for the sanity.
- 4 Acceptance is the answer.
- 5 Expectations are = to resentments under construction.
- 6 Practice not perfection.
- 7 I don't think less of myself, I think of myself less.
- 8 Serenity is the feeling of stability within.
- 9 Good Orderly Direction (GOD).
- 10 FEAR = Face Everything And Recover.
- 11 I have enough, I am enough, I do enough.
- 12 The key to the future is forgiveness.
- 13 Don't believe everything you think.
- 14 Act yourself into right thinking
instead of thinking yourself into right acting.
- 15 Take an action, then let go of the results
- 16 Your bottom is wherever you stop digging.
- 17 Forgiveness is giving up all hope for a better past.
- 18 The elevator is broken - take the steps.
- 19 Don't compare your insides to other people's outsides.
- 20 Surrendering means you don't have to fight anymore.
- 21 Insanity is doing the same thing over
and over and expecting different results.
- 22 First Things First.
- 23 If it works, don't fix it.
- 24 Live and Let Live.
- 25 This, too, shall pass.
- 26 You're as sick as your secrets.

27 Happy, joyous and free.
28 Cunning, baffling, and powerful.
29 Relapse is NOT a requirement.
30 To thine own self be true.
31 Feelings aren't facts.
32 Keep your side of the street clean.
33 One bite is too many and a thousand is not enough.
34 Serenity isn't freedom from the storm;
it is peace within the storm.
35 Humility isn't thinking less of yourself,
it's thinking of yourself less.
36 Failing to plan is planning to fail.
37 Yesterday is history, Tomorrow is a mystery,
Today is a gift - that's why they call it the Present.
38 The symptom is physical, the problem is emotional,
the solution is spiritual.
39 For every diet there is an equal but opposite binge.
40 You can be right or you can be happy.
41 We come to the program to feel better.
We feel anger better.
We feel sadness better.
We feel all the other emotions better.
And, eventually, we feel joy better too.
42 Accept, don't expect.
43 Bring your message to the meeting and your mess to your sponsor.

