Slogans and Sayings

"Unlike some of Al-Anon's practices and principles that take a while to learn and apply, the Al-Anon slogans are easy to learn and remember. You may have heard some of these slogans hundreds of times before without ever taking them seriously or trying to put them to work. After all, they are clichés, and easy to disregard. But it is their very simplicity that makes them so powerful."

Al-Anon Slogans:

But for the Grace of God
Easy Does It
First Things First
How Important Is It?
Just for Today
Keep an Open Mind
Keep Coming Back
Keep It Simple
Let Go and Let God
Let It Begin with Me
Listen and Learn
Live and Let Live
One Day at a Time
Progress Not Perfection
Think (when referred to as a slogan)
Together We Can Make It

Sayings:

This too shall pass
Gratitude changes your attitude
To keep it you have to give it away
Mind your own business
Anger Is Just One Letter Short of Danger
An Expectation Is a Resentment Waiting to Happen
Detachment, Not Amputation
Feelings Aren't Facts
If In Doubt, Don't
Keep The Focus on Yourself
Live at Peace with Ourselves and Others
Look Back Without Staring
Obedience to the Unenforceable
Principles above Personalities
Quiet the Mind, Open the Heart
Take Care of Yourself
Take Your Own Inventory (Not Someone Else's)