

# SHORTCUTS TO RECOVERY

1. The seven greatest words in recovery are: **“I don’t know, will you help me?”**
2. Grateful never relapses. Ever.
3. If you have to keep it a secret, don’t do it.
4. The argument you win is the one you don’t enter.
5. The truth you tell is equal to the help you will receive. Want more help? Tell more truth.
6. Freedom starts with forgiveness. What you **DON’T** forgive, you **WILL** become.
7. What you give energy to...will continue.
8. You are what you answer to. You can take it personally or look at it truthfully. Choose.
9. Whatever you thought about most yesterday was your highest power yesterday.
10. Where you **AIM** yourself is where you’ll find yourself.
11. At group level, profanity reduces credibility. Gratitude reduces rude and crude.
12. **#BEFIRST**. If you don’t **SEE** some, **BE** some.
13. True recovery is your commitment to you when no one is watching you.
14. Anything you put above your own recovery, you’re going to lose.
15. When you turn your life around, self-centered becomes a centered self.
16. The bag, the bottle, the behavior: If you don’t change the third one, you will go back to the first two.