

::: AA Acronyms :::

AA = Absolute Abstinence
AA = Adventurers Anonymous
AA = Altered Attitudes
AA = Altruistic action
AA = Attitude Adjustment
ABC = Acceptance, Belief, Change
ABC = Ashtrays, Broom, Coffee
ABC = Ashtrays, Broom, Chairs
ACTION = Any Change Toward Improving One's Nature
ALCOHOLICS = A Life Centered On Helping Others Live In Complete Sobriety
ANONYMOUS = Actions Not Our Names Yield Maintenance Of Unity and Service
ASK = Ass-Saving Kit
BAR = Beware Alcohol, Run
BAR = Beware Alcoholic Ruin
BIG BOOK = Believing In God Beats Our Old Knowledge
DEAD = Drinking Ends All Dreams
DENIAL = Don't Even Notice I Am Lying
DETACH = Don't Even Think About Changing Him/Her
DUES = Desperately Using Everything but Sobriety
EGO = Easing God Out
EGO = Edging God Out
FAILURE = Fearful, Arrogant, Insecure, Lonely, Uncertain, Resentful, Empty
FAITH = Fear Ain't In This House
FEAR = Few Ever Arrive Rejoicing
FEAR = Failure Expected And Received
FEAR = False Evidence Appearing Real
FEAR = False Expectations Appearing Real
FEAR = Fear Expressed Allows Relief
FEAR = Feelings Every Alcoholic Rejects
FEAR = Fighting Ego Against Reality
FEAR = Forget Everything and Run (polite version)
FEAR = Fuck Everything and Run! (not recommended--it's what we used to do)
FEAR = Face Everything and Recover! (definitely recommended)
FEAR = Forgetting Everything's All Right (not really!)
FEAR = Frantic Effort to Appear Real
FEAR = Frantic Efforts to Appear Recovered
FINE = Faithful, Involved, knowledgeable and Experienced
FINE = Feeling Insecure, Numb and Empty
FINE = Frantic, Insane, Nuts and Egotistical
FINE = Freaked out, Insecure, Neurotic and Emotional
FINE = Frustrated, Insecure, Neurotic and Emotional
FINE = F--cked, Insecure, Neurotic and Emotional
GAYS = Go Ask Your Sponsor
GIFT = God Is Forever There
GOD = Good Orderly Direction
GOD = Group of Drunks
GOYA = Get Off Your Ass
GUT = God's Undeniable Truths
HALT = Honestly, Actively, Lovingly Tolerant
HALT = Hope, Acceptance, Love and Tolerance
HALT = Hungry, Angry, Lonely, Tired: Fix these situations before you make any decisions.
HALT = Horny, Arrogant, Lazy and Tragic: if you're any one of these, get to a meeting!



AA CANADA
Alcoholics Anonymous Canada

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HALTS = Hungry, Angry, Lonely, Tired and Stupid
HALTS FEAR = Hope, Acceptance, Love and Tolerance Stops Forgetting that Everything's All Right
HELP = His Ever Loving Presence
HELP = Her Ever Loving Presence
HELP = Hope, Encouragement, Love and Patience
HOPE = Happy Our Program Exists
HOPE = Hearing Other Peoples' Experience
HOPE = Hang On! Peace Exists...
HOW = Honesty, Open-mindedness, Willingness: that's how we do it
HOW = Honest, Open-minded and Willing
ISM = I, Self, Me
ISM = Incredibly Short Memory
ISM = Inside Me
ISM = I Sabotage Myself
KISS = Keep It Simple, Stupid
KISS = Keep It Simple, Sugar
KISS = Keep It Simple, Sweetheart
KISS = Keeping It Simple, Spiritually
MMM = Meetings, Meditation and Masturbation (recommended for the first year)
NUTS = Not Using The Steps
OUR = Openly Using Recovery
PACE = Positive Attitudes Change Everything
PAID = Pitiful And Incomprehensible Demoralization
PMS = Poor Me Syndrome
PMS = Pour More Scotch
PROGRAM = People Relying on God Relaying a Message
RELATIONSHIP = Real Exciting Love Affair Turns Into Outrageous Nightmare, Sobriety Hangs In Peril
RID = Restless, Irritable and Discontented
SLIP = Sobriety Loses Its Priority
SOB = Sober Old Bag
SOB = Sober Old Bastard
SOB = Sober Old Biker
SOB = Sober Old Bitch
SOBER = Son Of A Bitch, Everything's Real
SPONSOR = Sober Person Offering Newcomers Suggestions On Recovery
STEPS = Solutions To Every Problem in Sobriety
STEPS = Solutions To Every Problem, Sober
STOP = Sicker Than Other People
TIME = Things I Must Earn
WILLING = When I Live Life, I Need God
YET = You're Eligible Too



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