

## TOOLS OF RECOVERY

1. **ESSENTIALS OF RECOVERY**--“Willingness, honesty, and open-mindedness are the essentials of recovery. But these are indispensable.”  
Big Book, Spiritual Experience,  
page 568
2. **IMPORTANCE OF ATTENDING AA MEETINGS ON A REGULAR BASIS AT YOUR HOME GROUP**--“ . . . every AA meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.”  
Twelve Steps and Twelve  
Traditions, page 33
3. **READING AND STUDYING THE BIG BOOK DAILY & ATTENDING BIG BOOK STUDY GROUPS REGULARLY**--“To show other alcoholics *precisely how we have recovered* is the main purpose of this book.”  
Big Book, page xiii
4. **PREAMBLE**--“Alcoholics Anonymous is a fellowship...”
5. **SPONSORSHIP**--“Our sponsors declared that we were the victims of a mental obsession so subtly powerful that no amount of human will-power could break it.”  
Twelve Steps and Twelve  
Traditions, page 22
6. **SERENTY PRAYER & ACCEPTANCE**--“And acceptance is the answer to *all* my problems today . . . Until I could accept my alcoholism, I could not stay sober.”  
Big Book, page 417
7. **PRACTICING THE 12 STEPS**--“A.A.’s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.”  
Twelve Steps and Twelve  
Traditions, Foreword, page 15

8. **AA SLOGANS**-- . . . "First Things First, Live and Let Live, Easy Does It," etc.  
Big Book, page 135
9. **HIGHER POWER**--"Why don't you choose your own conception of God?"  
Big Book, page 12
10. **RECOGNIZING SYMPTOMS OF RELAPSE**--"Then he fell victim to a belief which practically every alcoholic has . . ."  
Big Book, page 32
11. **STAYING CLOSE TO DRUNKS ON THE WARD**--"Many times I have gone to my old hospital in despair. In talking to a man there, I would be amazingly lifted up and set on my feet. It is a design for living that works in rough going."  
Big Book, page 15
12. **LAUGHTER**--"There is, however, a vast amount of fun about it all."  
Big Book, page 16
13. **ANONYMITY**--"The spiritual substance of anonymity is sacrifice."  
Twelve Steps and Twelve Traditions, page 184
14. **ATTITUDE OF GRATITUDE**--"My gratitude toward AA grows each day I am sober."  
Experience, Strength and Hope,  
page 366 - 354
15. **PRACTICE PATIENCE AND TOLERANCE**--"Patience, tolerance, understanding and love are the watchwords."  
Big Book, page 118
16. **TWELVE TRADITIONS**--"Without unity, the heart of AA would cease to beat."  
Twelve Steps and Twelve Traditions, page 129