

Hooked On Recovery

May 14, 2004

Take What You Need and Leave the Rest

In my last message, I was talking a little bit about “acronym heaven”. It occurred to me that while I took a parting shot at the lingo we use in the field of addiction, treatment and recovery that my personal recovery hinges upon some acronyms and some sayings common in the rooms of recovery. I share this with you for your enjoyment, and who knows, you may find something useful or insightful. I certainly have. I’m sure many of you are familiar with a lot of these. In any case, “take what you need and leave the rest”.

- HOPE – Hang On Peace Exists
 - DENIAL – Don’t Even kNow I Am Lying (OK, so it doesn’t quite work)
 - FEAR – Face Everything And Recover
 - FEAR – Fug Everything And Run
 - FEAR – False Evidence Appears Real
 - GOD – Group Of Drunks
 - GOD – Good Orderly Direction
 - SPONSOR – Sober Person Offering Newcomers Suggestions On Recovery
 - NUTS – Not Using The Steps
 - STEPS – Solutions To Every Problem Sober
 - PROGRAM – People Relying On God Relaying A Message
 - BIG BOOK – Believing In God Beat Our Old Knowledge
 - BIBLE – Basic Instructions Before Leaving Earth
 - KISS – Keep It Simple Stupid
 - ACTION – Any Change To Improve Our Nature
 - EGO – Edging God Out
 - TIME – This I Must Earn
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- Don’t keep such an open mind that your brains fall out
 - The dude got wrapped up in the years and forgot about the days
 - Recovery is a process of thawing out frozen feelings
 - An alcoholic is an egomaniac with an inferiority complex
 - Feed your faith, starve your fear
 - Fear is the opposite of faith
 - Anger is the face of fear
 - Fear or faith: the choice is yours (I’m detecting a theme here)
 - Take what you need and *file* the rest
 - Turn scars into stars
 - The past is a rear-view mirror
 - Seven days without a meeting makes one weak
 - Change your playmates, playthings and playgrounds
 - Under every skirt is a slip
 - Bring the body and the mind will follow

- Tragedy plus time equals humor
- Honesty without compassion is brutality

My sponsor's daughter (she was a little girl at the time) defined wisdom as "knowing the difference between wise and dumb". I like that...