

Al-Anon's Slogans

The Al-Anon program includes several simple, familiar, easy-to-remember "slogans" that members have found helpful for coping with a variety of circumstances. Our slogans include the following:

Keep It Simple:

The slogan, "Keep It Simple" helps to remind us that simple solutions are often the most effective ones. This slogan can help us look at what really is happening rather than what we imagine may happen, and to take a reasonable, step by step approach rather than act out of fear or panic.

Keep
It
Simple

But For The Grace Of God:

The slogan, "But For The Grace Of God" helps to remind us to be compassionate with others, including the alcoholics in our lives. This slogan can help us avoid impatience, criticism, resentment, and vengefulness, which does harm to ourselves as well as to others.

But For
The
Grace
Of God

Easy Does It:

The slogan, "Easy Does It" helps us remember that trying to "force solutions" often does not work. We may not be able to solve every problem in the time frame we wish to solve it in. Some problems may not be for us to solve. Sometimes a gentler, more patient approach is more effective and less frustrating.

Easy
Does
It

First Things First:

The slogan, "First Things First" helps us to set reasonable priorities and to keep a realistic perspective. This slogan helps us to make choices we are comfortable with, and to act with balance rather than react to crises.

First
Things
First

Just For Today:

The slogan, "Just For Today" tells us that things are more manageable when we deal with and live in the present. Things that seem way too difficult to manage long term may seem more manageable if we deal with them just for today. We can move forward in small steps rather than be overwhelmed by trying to change everything at one time. This is described further in the Al-Anon pamphlet, [Just For Today](#).

Just
For
Today

Let It Begin With Me:

The slogan, "Let It Begin With Me" helps us to keep the focus on and be responsible for our own actions and behaviors. This slogan helps us to take action to change the things we can change and to take the responsibility to get our own needs met, rather than waiting for others to change or to meet our needs for us.

Let It
Begin
With
Me

How Important Is It?

The slogan, "How Important Is It" helps us to have perspective, to determine what is of most value to us personally, and to avoid being upset over things that are of minimal importance at the moment. It helps free us to appreciate the good things that life offers.

How Important Is It?

Think:

The slogan, "Think" helps us to remember to think before we act on or react to situations. This slogan helps us make good decisions about how to act. When we apply this slogan, it helps free us from distorted thinking and impulsive, potentially destructive decision-making.

Think
Think
Think

One Day At A Time:

The slogan, "One Day At A Time" provides a practical approach to challenges and fears. We focus our energies on dealing productively with today, and we give up worrying about a future we can not predict or control and about a past we cannot change. It helps us break overwhelming tasks into manageable steps.

One Day At A Time

Keep An Open Mind:

The slogan, "Keep An Open Mind" helps us to be open to ideas from sources that we might not have imagined could be helpful. It helps us to take advantage of all opportunities.

Keep An Open Mind

Live And Let Live:

The slogan, "Live And Let Live" has two parts. "Let live" reminds us to allow others the dignity of making their own decisions and experiencing the consequences of their decisions and choices. By minding our own business, we are freed from feeling responsible for changing other. We also learn to "live" by taking care of our own physical, emotional, and spiritual needs.

Live and Let Live

Let Go And Let God:

The slogan, "Let Go And Let God" helps us to let go of trying to control things we can not control. When our attempts at control are not working, when we feel we have run out of options, when we don't know what we can do, this slogan helps us trust that a Power greater than ourselves will help us when the time is right.

Let Go And Let God

The Al-Anon literature has many references to these slogans, along with information and stories about how Al-Anon members apply these slogans to their daily lives. Perhaps the best way to learn more about these tools for recovery is to attend an Al-Anon [meeting](#) and listen to other members describe how they use the slogans, and share their experience, strength and hope in recovery.