

## Techniques for Thinking

1. **Keep life simple.**
2. **Practice being satisfied.**
3. **Beware of indecision.**
4. **Practice cheerfulness.**
5. **Learn to like people.**
6. **Live and Let Live.**
7. **Use adversity.**
8. **Don't take yourself so seriously.**
9. **Have a sense of humor.**
10. **Practice objectivity.**
11. **Tolerate your own mistakes.**
12. **Forgive yourself.**

## On Carrying the AA Message

I would rather see a sermon than to hear  
one any day

I would rather that you'd walk with me than  
merely show the way

The eye is a better pupil and more willing  
than the ear

Fine counsel may be confusing, but  
example is always clear

The best of all the preachers are those who  
live their creeds

To see the love and truth in action is what  
everybody needs

I soon could learn to do if you'll let me see it  
done

For I can watch your hand in action but your  
tongue may too fast run

The lectures you deliver may be very wise  
and true but I would rather get my lessons  
by clearly observing you

I may misunderstand the high advice you  
give but there is no misunderstanding of  
how you act and live.

*From the Harbor Light*

YOU

When I hit bottom all my so-called  
"friends" disappeared

But YOU invited me to a meeting

I had lost everything

But YOU gave me a cup of coffee and



something to eat

Some went to "rehab", I didn't have  
that option

But YOU shared your story with me  
and listened to mine

I didn't know which way to turn or  
what to do next

But YOU showed me a book and told

me about the "steps"



All I had ever known was how to take  
- and lose

But YOU taught me how to give - and  
receive

And now I know what to do next...

I want to be like YOU

*Steve G., Webmaster, Area 1, District 20*