

The unhappiest person in the world is the alcoholic who has an insistent yearning to enjoy life as he once knew it, but cannot picture life without alcohol. He has a heartbreaking obsession that by some miracle of control he will be able to continue to drink with no ill effect.

Sobriety is the most important thing in my life, without exception. I may believe my job, or my home life, or one of many other things, comes first. But if I do not get sober and stay sober, chances are I won't have a job, a family, sanity or even life. If I am not convinced that everything in life depends on my sobriety, I have just so much more chance of getting sober and staying sober. If I put other things first, I am only hurting my chances.

Here are some tips that help me and other members of Alcoholics Anonymous stay sober and **enjoy life**.

1. We cultivate continued acceptance of the fact that our choice is between unhappy, drunken drinking and doing without just one small drink.
2. We cultivate gratitude that we have had the good fortune of finding out what was wrong with us before it was too late.
3. We expect, as being natural and inevitable, that for a period of time (and it may be a long one) we may recurrently experience:
 - a. A conscious, nagging craving for a drink;
 - b. A sudden, compelling impulse to take a drink;
 - c. A craving, not for a drink as such, but for the glow and warmth a drink can give us.

4. We remember the times when we don't want a drink are times in which to build up the strength not to take one when we do want it.
5. We develop and rehearse a daily plan of thinking and actions by which we live that day without a drink, regardless of what may upset us or how hard the old urge for a drink may hit us.
6. We don't for a split second allow ourselves to think, "Isn't it a pity or a mean injustice that I can't take a drink like so-called normal people?"
7. We don't allow ourselves to either think about or talk about any real or imagined pleasure we once got out of drinking.
8. We don't permit ourselves to think a situation better or at least easier to live with. We substitute the thought, "One drink will make it worse - one drink will mean a drunk."
9. We minimize our situation. We think, as we see here or there a friend or otherwise sorely handicapped person, how joyfully such a person would grab hold of his problem could be solved just by his not taking a drink today. We think gratefully of how lucky we are to have such a simple solution to our problem.

10. We cultivate the enjoyment of sobriety:
 - a. How good it is to be free of the consequences of a drunk just ended or a coming drunk we have never before been able to prevent.
 - b. How good it is to be free of what people have been thinking and whispering about us, and of their mingled pity and contempt.
 - c. How good it is to be free of fear.
11. We catalog and re-catalog the positive enjoyments of sobriety:
 - a. The simple ability to eat and sleep normally, and wake up glad we are alive, glad we were sober yesterday and glad we have the privilege of staying sober today;
 - b. The ability to face life as it is.
12. We cultivate a helpful association of ideas:
 - a. We associate a drink as being the single cause of all the misery, shame, and mortification we have ever known;
 - b. We associate a drink as being the only thing that can destroy our new-found happiness and take from us our self-respect.

13. We cultivate gratitude:
 - a. That so much can be ours for so small a price;
 - b. That we don't have to drink;
 - c. That A.A. exists and we found out about it in time;
 - d. That we are only a victim of a disease called alcoholism; that we are not degenerate, immoral weaklings, or self-elected victims of a vice, or persons of doubtful sanity;
 - e. That since others have done it, we will see it come to pass that we will not want, or miss, the drink we are doing without.
14. We seek ways to help other alcoholics... and we remember that the first way to help others is to stay sober ourselves.
15. And we remember, when our hearts are heavy and our resistance is low and our minds are troubled and confused, there is much comfort in a true and understanding friend standing by. We have that friend in A.A.

Tolerance

The most lovable quality any human being can possess is tolerance... It is the vision that enables one to see things from another's viewpoint... It is the generosity that concedes to others the right to their own opinions and their own peculiarities... It is the generosity that enables us to let people be happy in their own way, instead of our way.

— Anonymous

Phone Numbers

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____



August 31, 2025 10:15 AM

Daily Tips for Old and New Members



Santa Clarita Central Office of Alcoholics Anonymous

26951 Ruether Ave., Suite B-4,
Santa Clarita, CA 91351

info@aascv.org

aascv.org

This pamphlet is made possible through the contributions of A.A. groups and A.A. members to the SCV Central Office.