

Principles

1 & 2) As we discovered the principles by which the individual alcoholic could live, so we had to evolve principles by which the A.A. groups and A.A. as a whole could survive and function effectively. [BB, page xix, lines 8 & 9]

3) Though none of these principles had the force of rules or laws, they had become so widely accepted by 1950 that they were confirmed by our first International Conference held at Cleveland. [BB, page xix, line 27]

4) The basic principles of the A.A. program, it appears, hold good for individuals with many different life-styles, just as the program has brought recovery to those of many different nationalities. [BB, page xxii, line 13]

5) My friend had emphasized the absolute necessity of demonstrating these principles in all my affairs. [BB, page 14, line 29]

6) We feel elimination of our drinking is but a beginning. A much more important demonstration of our principles lies before us in our respective homes, occupations and affairs. [BB, page 19, line 7]

7) "Quite as important was the discovery that spiritual principles would solve all my problems. [BB, page 42, line 32] [C]

8) That was great news to us, for we had assumed we could not make use of spiritual principles unless we accepted many things on faith (rather than just be willing) **which seemed difficult to believe.** [BB, pg 47, line 23] [B]

9) 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.. [BB, page 60, line 3]

10) No one among us has been able to maintain anything like perfect adherence to these principles. [BB, page 60, line 8]

11) The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection. [BB, page 60, line 9] [E]

12) We listed people, institutions or principles with whom we were angry. We asked ourselves why we were angry. [BB, page 64, line 30]

13) Although these reparations take innumerable forms, there are some general principles which we find guiding. [BB, page 79, line 6]

14) Unless one's family expresses a desire to live upon spiritual principles we think we ought not to urge them. [BB, page 83, line 13]

15) If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. [BB, page 87, line 26]

16) The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual principles. [BB, page 93, line 10] [A]

17) When dealing with such a person, you had better use everyday language to describe spiritual principles. [BB, page 93, line 12] [D]

18) We are dealing only with general principles common to most denominations. [BB, page 93, line 12]

19) Should they accept and practice spiritual principles, there is a much better chance that the head of the family will recover. [BB, page 97, line 29]

20 & 21) When your prospect has made such reparation as he can to his family, and has thoroughly explained to them the new principles by which he is living, he should proceed to put those principles into action at home. [BB, page 98, lines 26 & 28]

22) The first principle of success is that you should never be angry. [BB, page 111, line 1]

23) If you act upon these principles, your husband may stop or moderate. [BB, page 112, line 20]

24) The same principles which apply to husband number one should be practiced. [BB, page 112, line 22]

25) Your new courage, good nature and lack of self-consciousness will do wonders for you socially. The same principle applies in dealing with the children. [BB, page 115, line 20]

26) Now we try to put spiritual principles to work in every department of our lives.. [BB, page 116, line 30]

27) Though it is entirely separate from Alcoholics Anonymous, it uses the general principles of the A.A. program as a guide for husbands, wives, relatives, friends, and others close to alcoholics. [BB, page 121, footnote line 3]

28) Another principle we observe carefully is that we do not relate intimate experiences of another person unless we are sure he would approve. [BB, page 125, line 18]

29) Giving, rather than getting, will become the guiding principle. [BB, page 128, line 2]

30) Whether the family has spiritual convictions or not, they may do well to examine the principles by which the alcoholic member is trying to live. [BB, page 130, line 21]

31) They can hardly fail to approve these simple principles, though the head of the house still fails somewhat in practicing them. [BB, page 130, line 23]

32) Without much ado, he accepted the principles and procedure that had helped us. [BB, page 139, line 5]

33) The use of spiritual principles in such cases was not so well understood as it is now. [BB, page 156, line 33]

Principles / Defects

Virtues / Faults

Abandonment / Holding On
Abstinence / Indulgent
Acceptance / Denial
Activity / Inactive
Altruism / Selfish to Others
Amendment / Inflexible
Anonymity / Loud Mouth
Clean Thinking / Vulgar
Compassion / Uncaring
Confession / Deceptive
Consideration / Thoughtless
Constructiveness / Destructive
Courage / Fearful
Discovery / Blinded
Energy / Dispassionate
Faith / Doubt
Forgiveness / Resentful
Generosity / Greedy
Good nature / Miserable
Health / Self destructive
Helpfulness / Unkind
High Mindedness / Misconduct
Honesty / Liar
Hope / Doubtful
Humility / Braggart
Integrity / Untrustworthy
Justice / Punishing
Kindness / Mean
Love / Hateful
Meditation / Sporadic
Moderation / Habitual

Modesty / Boastful
Open mindedness / Unbending
Optimism / Pessimistic
Patience / Jumpy
Prayer / Self Seeking
Perseverance / Quitter
Positive Thinking / Grumpy
Promptness / Late
Recovery / Abnormal
Reflection / Short Sighted
Responsibility / Irresponsible
Restitution / Stealing
Self/control / Loose
Self Discovery / Hardheaded
Self Forgetfulness / Important
Self Sacrifice / Too Busy
Self /valuation / Worthless
Selflessness / Indulgent
Sensibility / Stupidity
Service / Hurtful
Simplicity / Confused
Sobriety / Influenced
Spirituality / Conflicted
Straightforwardness / Skirting
Surrender / Defy
Tactfulness / Careless
Tolerance / Discriminate
Trust / Self Reliant
Truthfulness / Hiding
Understanding / Close Minded
Unity / Lonely
Willingness / Reluctant