

# 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

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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