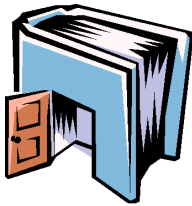


“Recovery Slogans III: Good Advice for Everyone”

Gary Alger, LADC, CEAP, Solutions EAP Consultant



While reinforcing important principles and practices of living for members of 12 step “Anonymous” programs, recovery slogans also offer wonderful gold nuggets to any and all of us as we “trudge the Road of Happy Destiny” (page 164, Alcoholics Anonymous, Fourth Edition). This month’s E-tips focus on a few of the more well known, often repeated slogans and sayings of AA, Alanon, NA, OA, GA and other self help support programs, in an effort to share some of the experience, strength and hope with a wider audience.

“PRINCIPLES OVER PERSONALITIES”

This week a new U.S. president took the oath of office, as every one of his predecessors before him has done. Each new leader has sworn the same promise to preserve, protect and defend the Constitution that outlines the timeless principles of this great experiment in democracy from its very beginning. The stark differences between the ways this president and his immediate predecessor understand and interpret the same oath - in defense of the same Constitution - are certainly well documented. Those differences represent a perfect illustration of the wisdom and foresight shown by the founders of AA in emphasizing enduring principles and truth within their program of recovery above and beyond any one of their own personal preferences about how things ought to be done.

The truth is that all principles, wisdom and even good ideas should, and do, outlive the individual lives of those who conceive them. Understanding of truth is expanded upon, new ideas are developed and something even greater is always just around the corner. Any time we idealize too much those people who inspire us, or lead us, we set them up for discrediting and ourselves for disappointment. Even worse things happen when we elevate our own selves beyond realistic levels of importance for the good things we may think, say or do. We simply don’t deserve it. It seems that the very greatest of those among us - the Ghandi’s, Newton’s and others like them, realize that, and find ways to keep their feet, and our ideas about them, grounded. So it should be with us as well.

Call Solutions EAP at 1-800-526-3485 for assistance for all of life’s challenges.

It’s free, confidential and open to family members.

Check us out on-line www.solutions-eap.com