

“Recovery Slogans II: 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, Al-Anon, 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.

“KEEP COMING!”

An essential element of most self help support group meetings is sharing, a time set aside to give participants an opportunity to reflect and comment on insights gained from a speaker, or the reading that was the focus of that meeting. Frequently someone will simply talk about a challenging situation that occurred recently in his/her life, and from time to time share sadness or pain, or shed a tear, in the process. Inevitably, at the end of that person’s message, a chorus will respond with, among other things, the reassuring phrase, “Keep coming.” As simple and obvious as it may seem, there are a number of powerful underlying, healing messages behind the words, messages that we all need to hear at some time or other.

“We’re with you.”

“Yes, we understand.”

“As difficult as your situation may seem, you’re not alone.”

“You’ve come to the right place.”

“It’s going to be all right.”

“You are welcome here.”

“You belong.”

The simple phrase, “Keep coming”, also serves as a loving reminder that, while you or I may be on the right track to finding answers to some of our biggest questions, it probably won’t happen overnight. Patience and perspective are crucial ingredients in the healing process. Even if we are simply learning a new life skill, or starting new job, or getting into psychotherapy, being willing to fumble, fall, or make false starts at first – but keep at it – gives us the time and opportunity necessary to make any major life change.

Maybe that’s why self help recovering people also constantly remind one another to take things... **“ONE DAY AT A TIME”**. Maybe it’s the only way anything worthwhile comes to us.

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