

## Common Alcoholics Anonymous Acronyms

**AA:** Absolute Abstinence | Adventurers Anonymous | Altered Attitudes | Altruistic action | Attitude Adjustment

**ABC:** Acceptance, Belief, Change | Ashtrays, Broom, Coffee | Ashtrays, Broom, Chairs

**ACTION:** Any Change Toward Improving One's Nature

**ALCOHOLICS:** A Life Centered On Helping Others Live In Complete Sobriety

**ANONYMOUS:** Actions Not Our Names Yield Maintenance Of Unity and Service

**ASK:** Ass-Saving Kit

**BAR:** Beware Alcohol, Run | Beware Alcoholic Ruin

**BIG BOOK:** Believing In God Beats Our Old Knowledge

**DEAD:** Drinking Ends All Dreams

**DENIAL:** Don't Even Notice I Am Lying

**DETACH:** Don't Even Think About Changing (Him or Her)

**DUES:** Desperately Using Everything but Sobriety

**EGO:** Easing God Out | Edging God Out

**FAILURE:** Fearful, Arrogant, Insecure, Lonely, Uncertain, Resentful, Empty

**FAITH:** Fear Ain't In This House

**FEAR:** Few Ever Arrive Rejoicing | Failure Expected And Received | False Evidence Appearing Real | False Expectations Appearing Real | Fear Expressed Allows Relief | Feelings Every Alcoholic Rejects | Fighting Ego

Against Reality | Forget Everything and Run | F\*({ Everything and Run |  
Face Everything and Recover | Forgetting Everything's All Right | Frantic  
Effort to Appear Real | Frantic Efforts to Appear Recovered

**FINE:** Faithful, Involved, Knowledgeable and Experienced | Feeling Insecure,  
Numb and Empty | Frantic, Insane, Nuts and Egotistical | Freaked out,  
Insecure, Neurotic and Emotional | Frustrated, Insecure, Neurotic and  
Emotional

**GAYS:** Go Ask Your Sponsor

**GIFT:** God Is Forever There

**GOD:** Good Orderly Direction | Group of Drunks

**GOYA:** Get Off Your Ass

**GUT:** God's Undeniable Truths

**HALT:** Honestly, Actively, Lovingly Tolerant | Hope, Acceptance, Love and  
Tolerance | Hungry, Angry, Lonely, Tired | Horny, Arrogant, Lazy and Tragic

**HALTS:** Hungry, Angry, Lonely, Tired and Stupid

**HALTS FEAR:** Hope, Acceptance, Love and Tolerance Stops Forgetting that  
Everything's All Right

**HELP:** His or Her Ever Loving Presence | Hope, Encouragement, Love and  
Patience

**HOPE:** Happy Our Program Exists | Hearing Other Peoples' Experience |  
Hang On! Peace Exists

**HOW:** Honesty, Open-mindedness, Willingness | Honest, Open-minded and  
Willing

**ISM:** I, Self, Me | Incredibly Short Memory | InSide Me | I Sabotage Myself

**KISS:** Keep It Simple, Sweetheart | Keeping It Simple, Spiritually | Keep It Simple, Stupid | Keep It Simple, Sugar

**NUTS:** Not Using The Steps

**OUR:** Openly Using Recovery

**PACE:** Positive Attitudes Change Everything

**PAID:** Pitiful and Incomprehensible Demoralization

**PMS:** Poor Me Syndrome | Pour More Scotch

**PROGRAM:** People Relying on God Relaying a Message

**RELATIONSHIP:** Real Exciting Love Affair Turns Into Outrageous Nightmare, Sobriety Hangs In Peril

**RID:** Restless, Irritable and Discontented

**SLIP:** Sobriety Loses Its Priority

**SOBER:** Son Of A Bitch, Everything's Real

**SPONSOR:** Sober Person Offering Newcomers Suggestions On Recovery

**STEPS:** Solutions To Every Problem in Sobriety | Solutions To Every Problem, Sober

**STOP:** Sicker Than Other People

**TIME:** Things I Must Earn

**WILLING:** When I Live Life, I Need God

**YET:** You're Eligible Too