

## **Slogans For Alcoholics**

Guilt of yesterday, fear of tomorrow, shame of today.

Alcohol went from being my best friend to my worst enemy.

Alcoholism doesn't come in bottles; it comes in people

If you want to keep feeling how you're feeling, then keep doing what you are doing

I drank for warmth and lost my cool; I drank to forget and became haunted

I drank to erase problems and saw them multiply; I drank to cope with life and invited death...

Walking around drunk is like walking around with your fly open. Everyone sees it except you.

It's not so important why you are an alcoholic-but rather what are you going to do about it?

If the drugs don't kill you, the lifestyle will

Quitting is easy; it's staying stopped that's hard.

All you have to do to change your life is change your mind.

It's only two steps from the sidewalk to the gutter.

As you cannot will yourself drunk, you can cannot will yourself sober

Action alleviates anxiety.

I only drank on days beginning with "T"-Tuesdays, Thursdays, Today, Tomorrow...

It's not what or how much you drank, it's what it did to you

What you thought was the solution became the problem

An alcoholic is not a guy who thinks he's had one too many. He's usually the guy who thinks he's had one too few.

I would rather go through life sober thinking I'm an alcoholic than go through life drunk thinking I'm not.

If you think you are an alcoholic, chances are, you are.