

HONESTY

- 1.) I thought I was honest until I really examined my life
- 2.) Accuracy is the twin brother to honesty
- 3.) Denial is the enemy of honesty
- 4.) An honest lie- one you believe in
- 5.) A dishonest mistake- a lie
- 6.) When fear fades honesty appears
- 7.) Honesty requires courage and hard work
- 8.) Yesterday's honesty can be today's deception
- 9.) Get honest with God and you will get honest with yourself
- 10.) God grant me the serenity to know that I cannot make others honest, the courage to make myself honest and the wisdom to know that through my honesty others can become honest
- 11.) Denial is a way of keeping your dishonesty honest
- 12.) Honesty requires you to know the good, the bad, and the ugly

HUMILITY

- 1.) It walks with wisdom, talks with truth, and dwells with love
- 2.) Being humble prevents one from needing to eat his own words
- 3.) When you have a humble mind, your heart is wise
- 4.) Humility walks tall and does not step on anyone
- 5.) True humility is not a garment, but a trait of character
- 6.) Humility is a character trait that erases character defects
- 7.) Humility speaks louder than self praise
- 8.) To remain humble is one of god's greatest gifts, and one of the best ways to show your thanks
- 9.) Humility is strength in disguise
- 10.) Humility keeps one on the path of recovery
- 11.) The path of humility leads to the path of peace
- 12.) When humility is present, love and tolerance is not far behind

GOD

- 1.) Commitment: making God's will superior to how you think or feel
- 2.) Hearing God through ordinary people
- 3.) The God of your understanding does not change, just your understanding of him changes
- 4.) WWGD What would God do?
- 5.) Guru- God and you
- 6.) When your will is willing then you will know god's will
- 7.) God's home-in your heart
- 8.) Just as ignorance of the law is no excuse, not knowing God's will is no excuse
- 9.) Ignorance of God's will is no excuse
- 10.) God's gratitude list- when you write down and follow God's will in every aspect of your life
- 11.) God understands our prayers even when we can't find the words to say them.-Author Unknown
- 12.) Be God or let God

THE STEPS

- | | |
|-------------|--|
| Step one | no man is an island |
| Step two | it can happen |
| Step three | soul power |
| Step four | it is about uncovering your steps |
| Step five | the untold story |
| Step six | opened arms |
| Step seven | on your knees |
| Step eight | the did to list |
| Step nine | it is important not to step on anyone |
| Step ten | an act of daily reflection, confession, and amends |
| Step eleven | where asking and receiving occur |
| Step twelve | bringing to you and to others the good news |

You can recover if you have the capacity to be honest

(YOU ARE THE GREATEST MIRACLE IN THIS WORLD, YOU JUST DON'T KNOW IT YET)

To order the book go on to Amazon.com, borders on line or directly from healing-habits.com

Copyright © 2008 Carl Palmieri



Tuchy Palmieri's Platinum series

(From the book off the wall contrarian quotes for people in recovery)

Sobering Thoughts

You can recover if you have the capacity to be honest

tuchypalmieri@healing-habbits.com

Healing-habits.com is here for you whenever you need us.

Healing-habits.com is for you whenever you need it

Healing habits are brought to you by Tuchy Palmieri. Tuchy has devoted a lifetime to developing healing habits in many facets of his life. The healing habits originated from several sources in every field of endeavor, and from people in every walk of life, young and old, famous, and infamous educated and uneducated, the optimistic, and the skeptic, the wise and the not so wise, the religious, and not so religious, family, friends, acquaintances, and strangers. To all who have crossed his path he is eternally grateful, as each and everyone contributed to his feeling. It is his intention that the words bring healing to you and your loved ones.

- Healing habits series
- The platinum rule and other contrarian sayings
- Tuchy's law and other contrarian quotes
- Off the wall 12 step recovery quotes
- The food contrarian
- Josephine in her words
- Phil in his Words
- Relationship magic quotes
- Money, money, money
- Sex and intimacy
- Other books The God Sons

SIGNS OF A SPIRITUAL AWAKENING

- | | |
|--|--|
| 1.) An increased tendency to let things happen rather than make them happen. | 1.) A loss of ability to worry |
| 2.) Frequent attacks of smiling | 2.) A loss of interest in conflict |
| 3.) Feelings of being connected with others and nature. | 3.) A loss of interest in interpreting the actions of others |
| 4.) Frequent overwhelming episodes of appreciation | 4.) A loss of interest in judging others |
| 5.) A tendency to think and act spontaneously rather than from fears based on past experience. | 5.) A loss of interests in judging self |
| 6.) An unmistakable ability to enjoy each moment. | 6.) Gaining the ability to love without expecting anything in return. -Source unknown. |

LOVE

- 1.) ACCEPTANCE; ONE PART LOVE AND ONE PART TOLERANCE
- 2.) TOUGH LOVE IS NOT REALLY TOUGH
- 3.) LOVE AND TOLERATE OTHERS AS YOU WOULD HAVE THEM LOVE AND TOLERATE YOU
- 4.) LOVE IS LIKE A YO-YO, TO WORK REQUIRES BOTH SIDES TO MOVE
- 5.) LOVE IS SEEING HEART TO HEART.
- 6.) YOU CAN TAKE LOVE WITH YOU
- 7.) LOVE KNOWS NO BOUNDS
- 8.) MEN ARE MORTAL LOVE IS ETERNAL
- 9.) LOVE HEALS ALL WOUNDS
- 10.) LOVE LOVES LOVE
- 11.) TO LOVE ONESELF ENABLES THE LOVE OF AN OTHER, AND WITH THE LOVE OF ANOTHER, THE LOVE OF OTHERS IS POSSIBLE
- 12.) LOVE IS LETTING GO OF WHAT YOU HEAR
- 13.) LOVE IS A GOOD LISTENER, IT LISTENS TO BOTH THE HEAD AND HEART AND FOR WHAT IS SAID AND WHAT IS NOT SAID

GRATITUDE

- 1.) GRATITUDE IS THE HEART'S MEMORY
- 2.) FOR MOST OF US GRATITUDE IS A RECOGNITION OF ALL WE HAVE BEEN GIVEN, AND THE HONEST APPRAISAL OF THE GIFTS
- 3.) MAINTAINING AN ATTITUDE OF GRATITUDE INCREASES ONES ALTITUDE
- 4.) IT'S AMAZING THE PROGRAM TEACHES YOU TO BE GRATEFUL FOR THE GOOD, BAD AND THE UGLY OF ONES PAST
- 5.) BEING FILLED WITH GRATITUDE, KEEPS OUT THE TRASH OF THE PAST
- 6.) FAST ON SELF PITY AND FEAST ON GRATITUDE
- 7.) GRATITUDE WHEN TENDED TO EVERY DAY EXPANDS AND GETS STRONG, LIKEWISE IF UNTENDED IT SHRINKS AND WEAKENS, AND SO DOES THE PERSON
- 8.) GRATITUDE IS THE PARENT OF HAPPINESS. --UNKNOWN
- 9.) ACCEPTANCE IS THE START OF THE ROAD TO HAPPINESS, BUT IT TAKES GUIDANCE TO TRAVEL THROUGH IT.--UNKNOWN
- 10.) BLESSED ARE THOSE THAT CAN GIVE WITHOUT REMEMBERING AND RECEIVE WITHOUT FORGETTING.--AUTHOR UNKNOWN
- 11.) "GRATITUDE IS NOT ONLY THE GREATEST OF VIRTUES, BUT THE PARENT OF ALL THE OTHERS."~CICERO~

MEETING ROOMS

- 1.) IN THE ROOMS IT IS WHERE YOU HEAR YOURSELF WITHOUT SPEAKING
- 2.) IT IS WHERE PEOPLE GO AND HEAR STORIES ABOUT THE GOOD, THE BAD, AND THE UGLY
- 3.) IN THE ROOMS YOU LEARN TO TOLERATE THE INTOLERABLE
- 4.) IN THE ROOMS IS WHERE TALK IS NOT CHEAP
- 5.) MEETINGS ARE WHERE YOU MEET YOURSELF
- 6.) IT'S PLACE WHERE YOU CAN COME IN LOW AND LEAVE HIGH
- 7.) MEETINGS A PLACE TO AIR YOUR DIRTY LAUNDRY
- 8.) YOU CAN FIND A MEETING AT THE CROSSROADS OF HEAVEN AND HELL
- 9.) IT'S WHERE YOU LEARN TO FEEL GOOD ABOUT THE BAD
- 10.) MEETINGS SATISFY HUNGER FOR FELLOWSHIP, AND QUENCH THE THIRST FOR FRIENDSHIP
- 11.) THE MOST IMPORTANT MEETING TO HAVE IS WITH YOURSELF, AND GOD

THE PROGRAM/FELLOWSHIP

- 1.) THE PROGRAM TAKES THOSE OF US WHO HAVE RISEN ABOVE THE CROWD AND BRINGS THEM BACK TO EARTH
- 2.) INSTEAD OF RUBBING ELBOWS YOU LEARN TO TOUCH HEARTS
- 3.) THE MAGIC OF THE PROGRAM IS THAT YOU LEARN TO FEEL GOOD ABOUT YOUR BAD DEEDS
- 4.) THE PROGRAM IS LIKE DISNEYLAND, THERE IS SOMETHING FOR EVERYONE TO ENJOY
- 5.) THE PROGRAM IS NONRESISTANCE IN ACTION
- 6.) THE PROGRAM IS COLLECTIVE DEROACHING
- 7.) IN THE PROGRAM YOU ARE NOT ASKED TO TRY, BUT TO WORK
- 8.) YOU LEARN IN THE PROGRAM THAT WHAT WORKS IS WORK
- 9.) IT IS A PROGRAM OF RECIPROCAL PROMISES
- 10.) THE PROGRAM IS LIKE A MAGNET IT WORKS ON THE LAW OF ATTRACTION
- 11.) THE PROGRAM IS ABOUT TURNING THE TIDE
- 12.) A SECRET SOCIETY WHERE SECRETS ARE TOLD AND KEPT

RECOVERY

- 1.) IT IS THE ONLY RECOVERY PROGRAM WHERE YOU ARE NOT EXPECTED TO FULLY RECOVER
- 2.) BELIEVING THAT YOU ARE RECOVERED IS THE START OF RELAPSE
- 3.) RECOVERY COMES WHEN YOU HEAR ANOTHER VOICE, AND YOU LISTEN TO IT
- 4.) RECOVERY AND ATTITUDE OF GRATITUDE, WITH FORTITUDE
- 5.) RECOVERY IS ACTION THAT BELIEVES IN ITSELF
- 6.) SOBRIETY ALLOWS ONE TO GAIN SPIRITUAL AND EMOTIONAL RECOVERY
- 7.) IT'S A RECOVERY PROGRAM WHERE THE PERSON IS BROUGHT TO LIFE, INSTEAD OF BEING RECOVERED IN DEATH
- 8.) RECOVERING CATHOLIC- FOR ME IS ONE WHO USES BOTH THE PROGRAM AND HIS FAITH TO OVERCOME A DEADLY DISEASE
- 9.) RECOVERY AT IT'S FINEST IS WHEN THE PRINCIPLES THAT LEAD TO RECOVERY FROM ALCOHOL ABUSE, ARE USED IN ALL ONES AFFAIRS
- 10.) RECOVERY WHAT MATTERS OVER MIND
- 11.) WE ARE EITHER WORKING ON RECOVERY OR WE'RE WORKING ON A RELAPSE. UNKNOWN

PRAYER AND MEDITATION

- 1.) MEDITATION IS A THOUGHTLESS ACT
- 2.) OFTEN WE ASK TO GET AND SELDOM ASK TO GIVE
- 3.) PRAYING IS GOOD, AND PRAYING WITH MEDITATION IS BETTER
- 4.) POWERFUL PRAYER IS PRAYING FOR THE ONES YOU LOVE AND FOR THE ONES YOU DO NOT LOVE
- 5.) MEDITATION PROVES THAT SITTING ON YOUR REAR CAN BE THE MOST EFFECTIVE MOVE YOU CAN MAKE
- 6.) STARTING YOUR DAY ON YOUR KNEES AND SITTING ON YOUR REAR, AND ENDING YOUR DAY THAT WAY IS GROUNDING
- 7.) PRAYER AND BELIEF GO HAND IN HAND, PRAYER WITHOUT BELIEVE IS BUT A WISH
- 8.) WISDOM CAN BE SEEN MORE EFFECTIVELY WHEN WE LOOK AT THE NUMBERS SEPARATELY 1 IS FOR PRAYER AND 1 IS FOR MEDITATION , TOGETHER THEY MAKE 11 AND BOTH ARE NEEDED
- 9.) THE CONTRARIAN 11TH STEP SILENT PRAYER AND TALKING MEDITATION
- 10.) PRAY TO MEDITATE AND MEDITATE TO PRAY
- 11.) PRAYER AND MEDITATION ARE BUY SPEAKING AND LISTENING TO GOD
- 12.) VIGILANT PRAYER AND MEDITATION LEAD TO SPIRITUALITY

THE 12 STEPS AS SEEN BY TUCHY

- 1.) Some people believe they can recover by sidestepping.
- 2.) The 12 steps are straight and narrow; if you sidestep you will fall off the path.
- 3.) Practicing the 12 steps is the best way to learn how to stay on the wagon.
- 4.) There are two kinds of people in the 12-step program: those who step too, and those who step on others.
- 5.) God is the railing in the 12-step program that you must hold onto for support as you do the steps.
- 6.) Doing the steps requires you to pick up your feet.
- 7.) Make sure the 12 steps you are taking are not taking you in circles.

PONDERING THE STEPS

- 1.) Some people do the steps by sidestepping.
- 2.) Some people take such small steps that they never get their feet high enough to the ground.
- 3.) Skipping steps is one of the surest ways to slip.
- 4.) Even a normal person will slip if he tries to skip steps.
- 5.) Going back one step can be a giant step forward.
- 6.) If you turn around before you take a step, you will never go backwards.
- 7.) Sidestepping is the way we get stuck.
- 8.) When you find that you are stuck on a step, check to see if you are sidestepping.
- 9.) Side-stepping does not move you forward.
- 10.) If your steps are not built on the foundation of God, then you will eventually crumble.
- 11.) For me the 12 steps are about uncovering your tracks and walking in the footsteps of God.
- 12.) The steps go both ways