

TOLERANCE / COMPASSION / PATIENCE / FORGIVENESS / HUMILITY / GOOD WILL / LOVE

PRINCIPLES OF SUCCESS (73)

Chapter 8: TO WIVES (pgs. 104-121)

- 1) **The first principle of success is that you should never be angry.**
(111:1)
- 2) **Patience and good temper are most necessary** (111:1)
- 3) **you should never tell him what he must do** (111:2)
 - 4) **have a full and useful life** (111:3)
 - 5) Do not set your heart on reforming (111:3)
 - 6) **reasonableness and patience** (111:4)
 - 7) **Be sure you are not critical** (111:4)
 - 8) **put yourself in his place** (111:4)
 - 9) **be helpful rather than critical** (111:4)
- 10) **(Show him you) have confidence** (112:0)
 - 11) ***Patient waiting*** (112:2)
 - 12) **Share your enthusiasm** (113:2)
 - 13) you should not crowd him (113:2)
- 14) urge action without arousing hostility (113:2)
 - 15) The power of God goes deep! (114:1)
- 16) **be on guard not to embarrass or harm** (115:1)
 - 17) ***...sympathetic understanding*** (115:2)

- 18) **courage, good nature and lack of self-consciousness will do wonders**
(115:2)
- 19) **it is best not to take sides in any argument** (115:3)>>>**Use your energies to promote a better understanding all around** (115:3)
- 20) **be careful not to be resentful** (116:0)
- 21) ...how much better life is when lived on a spiritual plane (116:2)
- 22) As (we) began to apply spiritual principles...(we) began to see the desirability of doing so (too) (116:2)
- 23) put spiritual principles to work in every department of our lives (116:3)
- 24) *faith and sincerity* ... should be regarded as part of your education, for thus you will be learning to live (117:2)
- 25) **be careful not to disagree in a resentful or critical spirit** (117:3)
- 26) Next time you and (he) have a heated discussion, no matter what the subject, it should be the privilege of either to smile and say, ***"This is getting serious. I'm sorry I got disturbed. Let's talk about it later."*** (NOTE: try a "re-set") (118:1)
- 27) **avoid disagreement or contention** (118:1)
- 28) ***Patience, tolerance, understanding and love* are the watchwords**
(118:2)
- 29) **Live and let live** (118:2)
- 30) **show a willingness to remedy your own defects** (118:2)
- 31) **Be patient** (118:3)
- 32) When resentful thoughts come, try to pause and count your blessings
(119:0)
- 33) **Cooperate, rather than complain** (119:2)
- 34) **Sense of responsibility for others** (120:0)

- 35) **think of what you can put into life instead of how much you can take out** (120:0)
- 36) You need not remind him of his spiritual deficiency (120:1)
- 37) Cheer him up and ask him how you can **be still more helpful** (120:1)
- 38) **Never, never try to arrange a man's life** (120:3)
- 39) **place the problem, along with everything else, in God's hands** (120:3)

Chapter 9: THE FAMILY AFTERWARD (pgs. 122-135)

- 40) **meet upon the common ground of tolerance, understanding and love** (122:1)
- 41) **This involves a process of deflation** (122:1)
- 42) he shouldn't be reproached (123:3)
- 43) **We grow by our willingness to face and rectify errors and convert them into assets** (124:1)
- (a) **painful past may be of infinite value to other(s)** (124:2)>>>
- (b) **be ... willing to bring former mistakes, no matter how grievous, out of their hiding places** (124:2)>>>
- (c) **unless some good and useful purpose is to be served, past occurrences should not be discussed** **(125:0)**
- 44) Cling to the thought that, in God's hands, the dark past is the greatest possession you have – the key to life and happiness for others. With it you can avert death and misery for them. (124:2)
- 45) **We do talk about each other a great deal, but we almost invariably temper such talk by a spirit of love and tolerance.** (125:1)
- 46) **we do not relate intimate experiences of another person unless we are sure he would approve.** (125:2)
- 47) **stick to our own stories** (125:2)

- 48) **be thankful** (127:0)
- 49) praise his progress (127:0)
- 50) there is tolerance, love, and spiritual understanding. (127:0)
- 51) **material well-being always followed spiritual progress; it never preceded** (127:1)
- 52) **show unselfishness and love** (127:2)
- 53) **be constructive ... without heated argument, self-pity, self-justification or resentful criticism.** (127:3)
- 54) Giving, rather than getting, will become the guiding principle (128:0)
- 55) **...go as far as he likes in helping other alcoholics. During those first days of convalescence, this will do more to insure his sobriety than anything else.** (129:3)
- 56) **(Meet) ... responsibilities gallantly** (130:3)
- 57) **yield here and there** (131:2)
- 58) play an **effective** part in the new life (131:2)
- 59) **activity should be balanced** (131:2)
- 60) thoughtful consideration given their needs (131:2)
- 61) **...find new avenues of usefulness** and pleasure.....bring new hope and new courage to many (132:0)
- 62) As non-denominational people, we cannot make up others' minds for them. Each individual should consult his own conscience. (132:0)
- 63) **We absolutely insist on enjoying life** (132:1)
- 64) **try not to indulge in cynicism** (132:1)
- 65) nor do we carry the world's troubles on our shoulders (132:1)

- 66) **When we see a man sinking into the mire that is alcoholism, we give him first aid and place what we have at his disposal. (132:1)**
- 67) **cheerfulness and laughter make for usefulness (132:2)**
- 68) **be happy, joyous, and free (133:0)**
- 69) **Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence. (133:0)**
- 70) **never belittle (133:2)**
- 71) ***First Things First***
- 72) ***Live and Let Live***
- 73) ***Easy Does It. (135:4)***