Authenticity, Quotation #1
We can be ourselves in the present moment without fear or apology, without the need for approval or justification (Living Clean, Chapter 7, “Awakenings”).

Awareness, Quotation #1
Carrying the message brings us awareness of our gifts and limitations, and guides us to change (Living Clean, Chapter 1, “Living Clean”).

Courage, Quotation #1
There are times when we must find the courage to be the lone voice on an issue or stand up for principle against a strong majority (Guiding Principles, Tradition Two, opening essay).

Courage, Quotation #2
We find the courage to follow our heart, to listen to the voice within, to create, to commit, to explore, and to live (Living Clean, Chapter 3, “Creative Action of the Spirit”).

Courage, Quotation #3
It takes courage and humility to open new doors and to close old ones (Living Clean, Chapter 4, “Courage”).
Freedom, Quotation #1
The ability to grow spiritually enables us to find freedom, even within the walls of a cell. Our greatest freedom is not outside ourselves but within (Guiding Principles, Tradition Five, opening essay).

Freedom, Quotation #2
Gradually, we come to experience freedom from some of our deepest wounds. As we begin to clear up some of the confusion and contradiction in our lives, we can move forward with less of the baggage we brought in with us (Living Clean, Chapter 4, “Sex”).

Freedom, Quotation #3
We are free to participate, create, care and share, surprise ourselves, take risks, be vulnerable, and stand on our own two feet (Living Clean, Chapter 1, “Keys to Freedom”).

Freedom, Quotation #4
Letting go of the idea that we have to understand why things happen or how it all works frees us to have a spiritual experience without wondering if we’re doing it right (Living Clean, Chapter 2, “Connection to a Higher Power”).

Freedom, Quotation #5
We are free to change our minds, to change our perspective, and to change our lives. Freedom means that we are no longer living by default (Living Clean, Chapter 3, “Awakening to Our Spirituality”).

Hospitality, Quotation #1
Feeling welcome, and welcoming others to our new way of life, helps us see the world as a less hostile place (Guiding Principles, Tradition Three, “Spiritual Principles”).

Hospitality, Quotation #2
Simply making eye contact or offering a hug to a newcomer can make all the difference to them—and to us (Guiding Principles, Tradition Three, “Spiritual Principles”).
Inclusiveness, Quotation #1
Our diversity strengthens and affirms the reality of our simple message. Across all of our differences, the same simple program works (Guiding Principles, Tradition Five, “Word by Word”).

Inclusiveness, Quotation #2
We start to look more carefully at what makes a meeting feel safe and welcoming (Living Clean, Chapter 4, “Disability”).

Inclusiveness, Quotation #3
When we value one another’s experience and work to make service fun, interesting, and inclusive, we find that there really is a place at the table for all of us (Living Clean, Chapter 7, “Principles, Practice, and Perspective”).

Inclusiveness, Quotation #4
All addicted persons are welcome and equal in obtaining the relief that they are seeking from their addiction; every addict can recover in this program on an equal basis (Basic Text, Chapter 6, Tradition Three).

Integrity, Quotation #1
Integrity is the state of being fully integrated: Our actions, our thinking, our feelings, our ideals, and our values all match up (Living Clean, Chapter 3, “Spirituality is Practical”).

Integrity, Quotation #2
Everyone makes mistakes; promptly admitting when we are wrong shows integrity and responsibility for our actions (Living Clean, Chapter 6, “Work”).

Integrity, Quotation #3
Integrity is the consistent application of spiritual principles, no matter what the circumstances (It Works, Tradition Two).
Patience, Quotation #1
Healing takes time, but it does happen. We must be patient with ourselves (*Living Clean*, Chapter 4, “Sex”).

Patience, Quotation #2
Having patience for discussion, or waiting until the next meeting before moving forward with a decision, saves the energy and goodwill lost when hasty actions have consequences (*Guiding Principles*, Tradition Two, “For Groups”).

Prudence, Quotation #1
We learn to take on obligations thoughtfully to ensure that we can follow through on what we’ve promised (*Living Clean*, Chapter 6, “Money”).

Self-Acceptance, Quotation #1
We learn to live with our frailties and imperfections (*Living Clean*, Chapter 1, “A Vision of Hope”).

Self-Acceptance, Quotation #2
We no longer have to look for the approval of others because we are satisfied with being ourselves (IP#19 *Self-Acceptance*, “The Twelve Steps are the Solution”).

Self-Acceptance, Quotation #3
A spiritual understanding of self-acceptance is knowing that it is all right to find ourselves in pain, to have made mistakes, and to know that we are not perfect (IP#19 *Self-Acceptance*, “The Twelve Steps are the Solution”).