

“Principles to Practice” from Chapters 8 & 9: “To Wives” & “The Family Afterwards”

- 1.) Page 111, ¶1: “The first principle of success is that you should **never be angry.**”
- 2.) Page 111, ¶1: “**Patience and good temper** are most necessary.”
- 3.) Page 111, ¶2: “Our next thought is that you should **never tell him what he must do...**”
- 4.) Page 111, ¶3: “**Do not set your heart on reforming...**”
- 5.) Page 111, ¶4: “Your husband may come to appreciate your **reasonableness and patience.**”
- 6.) Page 111, ¶4: “Be sure you are **not critical** during such a discussion.”
- 7.) Page 111, ¶4: “Attempt instead, to **put yourself in his place.**”
- 8.) Page 111, ¶4: “Let him see that you want to **be helpful rather than critical.**”
- 9.) Page 113, ¶1: “**Avoid urging** him to follow our program.”
- 10.) Page 113, ¶2: “Again, **you should not crowd him.**”
- 11.) Page 115, ¶1: “But you must **be on guard not to embarrass or harm...**”
- 12.) Page 115, ¶3: “...it is best **not to take sides in any argument...**”
- 13.) Page 115, ¶3: “Use your energies to **promote a better understanding** all around.”
- 14.) Page 116, ¶0: “...**be careful not to be resentful...**”
- 15.) Page 116, ¶3: “Now we try to **put spiritual principles to work in every department of our lives.**”
- 16.) Page 117, ¶2: “[**Faith and sincerity**] should be regarded as part of your education, for thus you will be learning to live.”
- 17.) Page 117, ¶3: “Just be careful **not to disagree in a resentful or critical spirit.**”
- 18.) Page 118, ¶2: “**Patience, tolerance, understanding and love** are the watchwords. Show him these things in yourself and they will be reflected back to you from him.”
- 19.) Page 118, ¶2: “**Live and let live** is the rule.”
- 20.) Page 118, ¶2: “If you both show a **willingness to remedy your own defects**, there will be little need to criticize each other.”
- 21.) Page 119, ¶0: “When resentful thoughts come, try to **pause and count your blessings.**”
- 22.) Page 119, ¶2: “If you **cooperate, rather than complain**, you will find that his excess enthusiasm will tone down.”
- 23.) Page 119, ¶2: “Both of you will **awaken to a new sense of responsibility for others.**”
- 24.) Page 120, ¶0: “You, as well as your husband, ought to **think of what you can put into life instead of how much you can take out.**”
- 25.) Page 120, ¶1: “You need not remind him of his spiritual deficiency—he will know of it.”
- 26.) Page 120, ¶1: “**Cheer him up and ask him how you can be still more helpful.**”
- 27.) Page 120, ¶3: “If a repetition is to be prevented, **place the problem, along with everything else, in God’s hands.**”
- 28.) Page 122, ¶1: “All members of the family should meet upon the common ground of **tolerance, understanding and love.**”
- 29.) Page 123, ¶3: “...he **shouldn’t be reproached** [criticized].
- 30.) Page 124, ¶1: “We grow by our **willingness to face and rectify errors and convert them into assets.**”
- 31.) Page 124, ¶2: “**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.**”
- 32.) Page 125, ¶1: “We do talk about each other a great deal, but we almost invariably **temper such talk by a spirit of love and tolerance.**”
- 33.) Page 125, ¶2: “Another principle we observe carefully is **that we do not relate intimate experiences of another person unless we are sure he would approve.**”
- 34.) Page 127, ¶0: “They should **be thankful he is sober and able to be of this world once more.**”
- 35.) Page 127, ¶0: “Let them **praise his progress.**”
- 36.) Page 127, ¶0: “...his periods of crankiness, depression, or apathy... will disappear when there is **tolerance, love, and spiritual understanding.**”
- 37.) Page 127, ¶2: “He is not likely to get far in any direction if he fails to **show unselfishness and love under his own roof.**”
- 38.) Page 127, ¶3: “These family talks will be constructive if they can be carried on without heated argument, self-pity, self-justification or resentful criticism.”
- 39.) Page 128, ¶0: “**Giving, rather than getting**, will become the guiding principle.”
- 40.) Page 130, ¶2: “Nothing will help the man who is off on a spiritual tangent so much as the wife who **adopts a sane spiritual program, making a better practical use of it.**”
- 41.) Page 131, ¶2: “At the very beginning, the couple ought to frankly face the fact that each will have to **yield here and there** if the family is going to play an effective part in the new life.”
- 42.) Page 131, ¶2: “New acquaintances who know nothing of alcoholism might be made and **thoughtful considerations given their needs.**”
- 43.) Page 132, ¶0: “Each individual should **consult his own conscience.**”
- 44.) Page 132, ¶1: “**We absolutely insist on enjoying life.**”
- 45.) Page 132, ¶1: “We **try not to indulge in cynicism** over the state of the nations, nor do we carry the world’s troubles on our shoulders.”
- 46.) Page 132, ¶2: “So we think **cheerfulness and laughter make for usefulness.**”
- 47.) Page 132, ¶4: “So **let each family play together** or separately, as much as their circumstances warrant.”
- 48.) Page 133, ¶0: “We are sure God wants us to **be happy joyous and free.**”
- 49.) Page 133, ¶0: “**Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence.**”
- 50.) Page 135, ¶0: “**Seeing is believing** to most families who have lived with a drinker.”
- 51.) Page 135, ¶4 “We have three little mottoes which are apropos. Here they are:

*First Things First.
Live and Let Live.
Easy Does It.”*