

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

From *Alcoholics Anonymous: The Story of How Thousands of Men and Women Have Recovered*, the so-called “AA Big Book,” 87-88. (AA World Services, Inc., New York, NY, 2001).