

## ***Laughter and Over Seriousness in Recovery***

- Slogan: God taught us to laugh again but god please don't let us forget that we once cried
- Don't take yourself too damn seriously. *Alcoholics Anonymous p 149*
- Even in the midst of withdrawal, we turned to hobbies or new pursuits that were engrossing and would consume some time and energy. As the addictive cravings lessened, we often found ourselves actively enjoying these new activities and the discovery, or re-discovery, of talents. SLAA Basic Text ©1986 The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc.
- We were coming to know that our own attitudes and actions were the only aspects of our lives which we stood any real chance of influencing. SLAA Basic Text p 98 ©1986 The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc.
- We mirror our world, and our world mirrors us right back. If we laugh, the world can seem to laugh joyfully with us and when we're sad the whole world seems to cloud over. This is no mere metaphor. Scientists have discovered special brain cells called mirror neurons that respond equally in action or in observance of another's action. A State of Grace – Daily Meditations p 44 © 2019 The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc.
- The disease of sex and love addiction can be humourless. When we learn to laugh at ourselves we gain humility. Laughing with others can be a way of creating healthy intimacy. Early in sobriety, I went to a SLAA party with a sign around my neck that said "confront me if I don't ask for help." My sponsee and I laughed about that all night. Before Program, if anyone laughed at me it was like experiencing a death. I couldn't prevent myself from plunging into anger and fear. In order to get and stay sober, I had to learn to laugh at myself. If I took every little mistake I made (and there were many of them) personally, I would have run from SLAA a long time ago. Laughter with my fellows eased the pain of withdrawal. I knew they understood my suffering and were laughing with me instead of at me. That moment of relief motivated me to reach out to fellows and become part of the group. This gave me the support I needed to stay on the road to recovery. A State of Grace – Daily Meditations p 143 © 2019 The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc.

### **The 12 Steps of Over-Serious Anonymous (as recited on the recording)**

1. We admitted that we were powerless over seriousness -- that our lives had become unmanageable.
2. Came to believe that only by lightening up could we achieve a state of non-seriousness.
3. Made a decision to turn our constant self-criticism over to our sense of humor and learn to "lovingly and wholeheartedly" laugh at ourselves.
4. Decided to give ourselves a break once in a while, instead of constantly doing searching and fearless moral inventories of ourselves.
5. Admitted to God, to ourselves, and to another human being that our wrongs were often in our heads.
6. Were entirely ready to accept that our characters were as good as anybody else's and possibly better than most.
7. Quit harping on our shortcomings.
8. Made a list of all persons we thought we had harmed and saw that they'd forgotten all the crap we'd blown out of proportion.
9. Quit making amends for breathing air and taking up a few square feet of the planet's surface.
10. Resigned ourselves to the fact we were going to criticize ourselves at times, but would try to stick to our guns when we knew we were right.
11. Sought through prayer and meditation to calm down and realize we're not responsible for everything.
12. Having experienced immense relief from these steps, we would try to carry this message to other over-serious people and to practice these principles in all of our affairs