

**"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*