

Since I've joined AA, I've gained quite a bit of weight. A friend told me it was because I didn't get as much exercise as I used to.

"But I never exercised while I was still drinking," I protested.

"Sure you did," he countered.

"Here's the exercise program you were on:"

- Hitting the bottle
- Beating yourself up
- Bending the rules
- Stretching the truth
- Jogging your memory
- Running into trouble
- Jumping to conclusions
- Stepping on toes
- Climbing the walls
- Dodging responsibility
- Pushing your luck
- Pulling the wool over peoples eyes
- Walking all over people
- Carrying a grudge
- Throwing fits
- Picking up the pieces.