



OUR TWELVE TRADITIONS

- 1) Our common welfare should come first; personal serenity depends on our unity.
- 2) For our group purpose there is but one ultimate authority; a loving higher power as it expresses itself through group conscience in our service meetings.
- 3) The only requirement for membership is a desire to be your best self.
- 4) Each group is autonomous, except in matters affecting other groups, or our organization as a whole.
- 5) Our primary purpose is to carry our message of serenity and freedom from dis-ease.
- 6) We ought never endorse, finance, or lend our organizations name to any related facility or outside enterprise, lest problems of money, property, and prestige, divert us from our primary purpose.
- 7) Every group ought to be fully self-supporting; declining outside contributions.
- 8) We may create Service Centers or Committees, but they must be directly responsible to our members.
- 9) Every group should remain forever non-professional, but our Service Centers may employ special workers.
- 10) We have no opinions on outside issues; hence our organizations name ought never be drawn into public controversy.
- 11) Our public relations policy is based on the attraction of our members personal recovery, but we should maintain personal anonymity at the level of: press, electronic media, and films.
- 12) Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Understanding these traditions comes slowly over a period of time. We learn about them as we go to groups, talk to other members, and participate in service meetings. When we practice the spiritual principles incorporated in our Twelve Traditions, our interactions with others in groups, service meetings, and society improve. These traditions are the ties that bind us together in unity of purpose and unconditional love.