



Meditations on the Traditions

TRADITIONS INVENTORY

AA's very life ... the group's ... and ... the individual's ... depends on obedience (Latin root – *obidere* = to listen) to natural laws that govern the universe. These laws are spiritual ... universal principles ... immutable ... non-negotiable. They are guidelines ... guardrails ... for living in reality as-it-actually-is.

TRADITIONS 1-3

Tradition One is about Unity. The principle suggests harmony and balance between personal liberty and the group's welfare.

Am I cooperative and flexible within the group?

Do I have a home group?

Do I foster partnership?

Tradition Two is about reliance on God as manifest through the Group conscience.

Do I respect those in my group as equals?

Do I tell the truth; do I seek the truth?

Do I exhibit courtesy towards my fellow members? Do I lead by example?

Do I participate in Group conscience with true humility – really seeking guidance?

Tradition Three is about acceptance.

Do I have an attitude of tolerance towards the way others work their program?

Do I have compassion for the person that relapses despite their apparent desire to stay sober?

Do I maintain an open mind and heart ... an attitude of acceptance?

TRADITIONS 4-6

Tradition Four is about freedom ... group autonomy. We are all children of a loving God and free to do God's will or not. However, no group is an island.

Do I support Group actions that build bridges among the other groups?

Am I insensitive to the impact of my group's actions on other neighboring groups?

Tradition Five is about love as manifested in service. The message is "there is a way out."

God-love-service ... synonyms for action.

Do I serve those about me with compassion?

Do I generously give understanding and encouragement?

Do I look judgmentally at those around me or through the eyes of God?

Do I listen critically to those around me or with the ears of God?

Tradition Six is about independence and appropriate support.

Do I take a genuine interest in the stability of my groups?

Do I enable and create dependency or foster individual responsibility?

Am I diligent to insure appropriate relationships with non-affiliated groups and subjects?

Am I unduly influenced by money, property, and prestige?

TRADITIONS 7-9

Tradition Seven is about AA's collective poverty, group accountability, and personal financial responsibility.

Do I concern myself with the financial aspects of my group's operation?

... prudent reserve?

... appropriate distribution of surplus?

... responsible reimbursement of expenses?

Do I depend on others for my personal growth and security?

Tradition Eight is about non-professional Twelve Step service and justice for those hired to support it.

Am I rigorous about the separation of Twelve Step service and recovery: personal compensation for services that support recovery in a professional or semi-professional setting?

Do I get paid for any form of legitimate Twelve Step work that should otherwise be done for free?

Am I supportive of competitive wages for those whose personal work it is to support the structure and actions of recovery?

Do I give my time and talent generously?

Tradition Nine requires servant leadership and partnership.

Am I familiar with the suggestions of our GSO regarding rotation of leadership?

Do I support it?

When placed in a position of leadership, do I maintain a spirit of service or do I develop an attitude of authority and governance?

Is my goal one of usefulness through universal respect?

TRADITIONS 10-12

Tradition Ten is about singleness of purpose.

Do I respect the purpose of meetings by not introducing outside issues of politics, religion, and other personal opinions?

Do I treat others with the respect and dignity that I expect for myself?

Do I need to be right, or do I maintain a healthy loving attitude?

Tradition Eleven is about being an attraction – allowing your behavior to advertise for the program.

Do I walk the walk ... model the attitude of a helpful person?

Do I give unsolicited advice?

Do I promote my SELF at the public level?

Am I confident that the SPIRIT will carry the message to the places and people that are ready for it?

Tradition Twelve is about humility.

Do I harbor feelings of being unique and special?

Do I foster a perspective of being one among many?

Do I have an unhealthy need for attention?

Am I presenting the message or the messenger?

Do I practice personal gratitude by living in thankful contemplation of God who presides over us all?