

Tradition One

1. Read Bill Wilson's article in the December 1947 Grapevine on the first Tradition (*The Language of the Heart, page 76*).
2. Read the Twelve and Twelve (12 & 12) chapter on Tradition One.
3. Read the Twelve Traditions Illustrated.
4. What is the **principle of humility**? Define both **principle** and **humility** from a commercial dictionary. How do these apply in my life? Write a paragraph about what is my perspective on my position?
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
5. Write a paragraph about how I contribute to and where I fall short in achieving **substantial unanimity** (define):
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
6. Write a paragraph about **unity (define)** and how I will try to seek it.
7. Review and reflect on Grapevine checklist.
8. Consider whether I place the **common welfare** of my various groups ahead of my own personal wellbeing. Write a prayer incorporating the following:
 - a) God
 - b) Perspective
 - c) Small part of a great whole
 - d) Personal usefulness to others
 - e) Unselfishness

Tradition Two

1. Read Bill Wilson's article in the January 1948 Grapevine on the second Tradition. (*Language of the Heart, pages 77-78*).
2. Read the Twelve and Twelve (12 & 12) chapter on Tradition Two.
3. Read the Twelve Traditions Illustrated.
4. What is an **authority (define)**? How do I relate to authority in my life? Do I relate well to authority in each group? Write a paragraph about my perspective of my place:
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
5. Write a paragraph about how I acknowledge God as my ultimate and loving authority. How open am I to God's expression of Itself in others and in the following:
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
6. Consider and write a reflection about what degree of trust in God's will for others that I possess. Do I trust that God will be part of the various groups I am a part of? How do I demonstrate that trust when things don't go my way?
7. Write a paragraph about God's authority and how I will try to accept it.
8. Review and reflect on Grapevine checklist.
9. Write a prayer incorporating the following:
 - a) God, as an authority
 - b) Trust in God's will
 - c) God's love for us all
 - d) Harmony
 - e) Unselfishness

Tradition Three

1. Read Bill Wilson's article in the February 1948 Grapevine on the third Tradition. (*Language of the Heart, pages 79-80*).
2. Read the Twelve and Twelve (12 & 12) chapter on Tradition Three.
3. Read the Twelve Traditions Illustrated.
4. What is **acceptance (define)**? Am I accepting of others (and their experiences or lack of experiences) in my life? Do I accept others as they are? Do I categorize people in each group, based upon my experiences? Write a paragraph about these questions and also about my perspective on my place in each of the following groups:
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
5. Am I **inclusive (define)** with others? Am I truly open-minded; even when people disappoint me? Do I offer to include others in my activities? Write a paragraph about this:
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
6. Write a response to these reflections: Consider if I set others on a pedestal. Do I have diminished feelings about myself when I do so? Am I setting them apart from myself based upon their accomplishments or position? If I were in their shoes, how would I want to be treated?
7. What is the primary principle under this Tradition? Write a reflection on what the implications are for my life and behavior.
8. Review and reflect on Grapevine checklist.
9. Write a prayer incorporating the following:
 - a) Others
 - b) Acceptance
 - c) We are all God's kids
 - d) Patience in judging
 - e) Inclusiveness
 - f) Unselfishness

Tradition Four

1. Read Bill Wilson's article in the March 1948 Grapevine on the fourth Tradition. (*Language of the Heart, pages 80-82*).
2. Read the Twelve and Twelve (12 & 12) chapter on Tradition Four.
3. Read the Twelve Traditions Illustrated.
4. What is **autonomy (define)**? Can I be independent and harmonious simultaneously? Do I accept others' rights to think and act independently? Write a paragraph about these questions and also about how they relate:
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
5. Do I take myself (my ideas and what I want others to see me as) **too damn seriously**? Write a paragraph about this:
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
6. Consider if in establishing my own autonomy, I set standards for others to live by or achieve. Do I judge, criticize, character-assassinate others based upon my perception of their shortcomings or "not seeing the issue properly?" Write a paragraph about this.
7. Do I accept and yield to informed or not so informed group conscience, even if I still believe it is wrong? Can I let go of my righteousness? Write a paragraph about these questions for each group below:
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
8. What is the primary principle under this Tradition? Write a reflection on what the implications are for my life and behavior.
9. Review and reflect on Grapevine checklist.

Tradition Five

1. Read Bill Wilson's article in the April 1948 Grapevine on the fifth Tradition. (*Language of the Heart, pages 82-83*).
2. Read the Twelve and Twelve (12 & 12) on Tradition Five.
3. Read the Twelve Traditions Illustrated.
4. Read the GSO pamphlet "The AA Group".
5. Define **primary** and **purpose**. How can I be a better example of this AA principle in each of these areas:
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
6. Write a paragraph about these questions: Am I willing to set aside my personal ambitions so that each group that I am part of can work towards fulfillment of their primary purpose?
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
7. Consider what is "the message you carry" to alcoholics/addicts who still suffer. Write a paragraph about this.
8. Write a paragraph about these questions: Do I see my groups as **spiritual entities**? Do I act in a nurturing and healing fashion? Do I respect all the members who are part of the group? Is my message different from the message of other members?
9. Am I willing to consider the full meaning of "Love thy neighbor as myself?" Write how this applies in:
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
10. What is the primary principle under this Tradition? Write a reflection on what the implications are for my life and behavior.

Tradition Five

11. Review and reflect on Grapevine checklist.

Tradition Six

1. Read Bill Wilson's article in the May 1948 Grapevine on the sixth Tradition. (Language of the Heart, page 83).
2. Read the Twelve and Twelve (12 & 12) chapter on Tradition Six.
3. Read the Twelve Traditions Illustrated.
4. What is my **primary spiritual aim**? Write a paragraph about how I incorporate it:
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
5. Write a paragraph about each of these questions: How my thinking may be affected by grandiosity. Do I project my recovery experience into how other matters in my life should develop?
6. Write a paragraph about these questions: How do I take others' compliments on my sharing of my message? Do they make me feel above the rest? Do I acknowledge God's grace and AA's love, or do I take credit for it?
7. In sharing the solution I found in the 12 steps, how do I talk it, how do I walk it? Do I affiliate AA with myself or am I a living example?
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
8. Do I **cooperate** with others **so that I can be helpful** without **endorsing** their positions? Write a paragraph about this:
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
9. What is the primary principle under this Tradition? Write a reflection on what the implications are for my life and behavior.
10. Review and reflect on Grapevine checklist.
11. Write a prayer incorporating:

Tradition Six

- a) Willingness
- b) Primary spiritual aim
- c) Clarity and purity
- d) Persistence

Tradition Seven

1. Read Bill Wilson's article in the June 1948 Grapevine on the seventh Tradition. (Language of the Heart, pages 85-86).
2. Read the Twelve and Twelve (12 & 12) chapter on Tradition Seven.
3. Read the Twelve Traditions Illustrated.
4. Examine and write a paragraph about whether you are truly **self-supporting** in each of the following areas of your life:
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
5. How much of yourself do you invest in each of the following areas of your life? Consider both when you are active in the leadership and also when you are a non-leader:
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
6. Write a paragraph about how you can be more generous with your time, your insights and your heart?
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
7. Are you responsible with your earnings? Do you pay yourself first? Do you have a prudent reserve? Are you putting away for your future?
8. What is the primary principle under this Tradition? Write a reflection on what the implications are for my life and behavior.
9. Review and reflect on Grapevine checklist.
10. Write a prayer incorporating:
 - a) God
 - b) Generosity
 - c) Responsibility

Tradition Seven

d) Independence

Tradition Eight

1. Read Bill Wilson's article in the June 1948 Grapevine on the eighth Tradition. (*Language of the Heart, page 86*).
2. Read the Twelve and Twelve (12 & 12) chapter on Tradition Eight.
3. Read the Twelve Traditions Illustrated.
4. Write a paragraph about each: Are you a professional? (Define). How does it apply in your life and what is your perspective on your skills?
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
5. Do I consider myself a professional on alcoholism, recovery, psychology or spirituality?
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
6. Consider whether you are open to the sharing of others. Do you often feel you know the story before it is told? Do you listen and look to see what you can learn from the newcomer?
7. What is the primary principle under this Tradition? Write a reflection on what the implications are for my life and behavior.
8. Review and reflect on Grapevine checklist.
9. Write a prayer incorporating the following:
 - a) God
 - b) Professionalism
 - c) Open-mindedness
 - d) Personal usefulness to others
 - e) Humbleness of heart

Tradition Nine

1. Read Bill Wilson's article in the August 1948 Grapevine on Tradition Nine. (Language of the Heart, pages 88 and 89).
2. Read the Twelve and Twelve (12 & 12) chapter on the ninth Tradition.
3. Read the Twelve Traditions Illustrated.
4. Write a paragraph about each: Am I too organized? (Define the verb organize).
How organized is my life?:
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
5. How does my approach to organizing affect my intuition and open mindedness?
6. Consider whether I am a trusted and experienced servant of the whole. Do I endeavor to inculcate universal respect for all members within all of my groups? Write about your considerations.
7. Do I consider myself a leader in my groups? Am I willing to share the leadership role?
 - a) In AA
 - b) At work
 - c) In my personal relationships
 - with family
 - with friends
8. What is the primary principle under this Tradition? Write a reflection on what the implications are for my life and behavior.
9. Review and reflect on Grapevine checklist.
10. Write a prayer incorporating the following:
 - a) Organization and usefulness
 - b) Universal respect for others
 - c) Open-mindedness
 - d) Willingness to share the leadership role

Tradition Ten

1. Read Bill Wilson's article in the September 1948 Grapevine on Tradition Ten. (Language of the Heart, pages 89 and 90).
2. Read the Twelve and Twelve (12 & 12) chapter on the tenth Tradition.
3. Read the Twelve Traditions Illustrated.
4. Do you set aside your **opinions** on outside, or **controversial**, issues?
 - a) In AA
 - b) At work
 - c) In your personal relationships
 - with family
 - with friends
5. Write a paragraph answering each of the following:
 - Do you often feel you have the only proper and correct view?
 - Are your opinions blocking your ability to listen with an open mind?
 - Are you willing to be truly open to the experience and opinions of others without expressing your own?
6. Write a paragraph answering each of the following:
 - In light of your experience and tenure do you consider yourself an expert on AA?
 - Do you feel you carry the "official AA position" on outside matters?
 - What is your attitude toward medications, gatherings that blur the lines between AA and Alanon, local roundups or conventions, sober cruises, and treatment centers?
7. Define **oppose** from a commercial dictionary. Write a paragraph about how **oppose** applies to you:
 - a) In AA
 - b) At work
 - c) In your personal relationships
 - with family
 - with friends
8. Consider whether you promote peace among all your groups when controversies arise, or add to it. Consider your actions "the acid test of your worth". Write a paragraph about each of these reflections.
9. What is the primary principle under this Tradition? Write a reflection on what the implications are for my life and behavior.
10. Review and reflect on Grapevine checklist.

Tradition Ten

11. Write a prayer incorporating the following:
 - a) Unity
 - b) God's Wisdom
 - c) Singleness of purpose
 - d) Neutrality versus opposition

Tradition Eleven

1. Read Bill Wilson's article in the September 1948 Grapevine on Tradition Eleven. (Language of the Heart, pages 91 and 92).
2. Read the "12 & 12" chapter on Tradition Eleven.
3. Read the Twelve Traditions Illustrated.
4. How much do you **promote (define)** yourself within the following groups:
 - a) In AA
 - b) At work
 - c) In your personal relationships
 - with family
 - with friends
5. How are you an attraction within the following groups. Write a paragraph about each of the following:
 - a) In AA
 - b) At work
 - c) In your personal relationships
 - with family
 - with friends
6. Consider the balance between promotion and attraction. Consider, and write about how the principles of Step 6 and Step 7 relate and function within the eleventh Tradition.
7. Are you prone to **praising yourself** for the good that happens through your service to others? Do you sometimes feel like taking credit?
8. How do you handle AA anonymity (define) in your family and at work?
9. What is the primary principle under this Tradition? Write a reflection on what the implications are for my life and behavior.
10. Review and reflect on Grapevine checklist.
11. Write a prayer incorporating the following:
 - a) Humility
 - b) Usefulness
 - c) Being an attraction
 - d) God working through you

Tradition Twelve

1. Read Bill Wilson's article on Tradition Twelve. (Language of the Heart, pages 92-94).
2. Read the Twelve and Twelve chapter on Tradition 12.
3. Read the Twelve Traditions Illustrated.
4. Read the GSO pamphlet "Understanding Anonymity".
5. Write a paragraph about how do you place **principles before personalities**?
 - a) In AA
 - b) At work
 - c) In your personal relationships
 - with family
 - with friends
6. What is your real importance:
 - a) In AA
 - b) At work
 - c) In your personal relationships
 - with family
 - with friends
7. Consider how well you employ the principles of self-effacement (define) and self-renunciation (define) when your ideas or actions are successful and/or are met with wide spread approval? Write a paragraph about your experiences.
8. What is the primary principle under this Tradition? Write a reflection on what the implications are for my life and behavior.
9. Review and reflect on Grapevine checklist.
10. Write a prayer incorporating the following:
 - a) God
 - b) Gratitude
 - c) Charity
 - d) Humility