

Twelve Traditions Experience

How to have a personal experience with the 12 Traditions of Alcoholics Anonymous

The following questions were taken from the core of what it says in the Big Book page 562- 566 and the Twelve and Twelve. Stripping away the stories and examples that Bill gives and reducing them down to simple questions for consideration. Also supported by discussions in the book “Pass It On” which is also AA literature.

Here's how you can have a personal experience with the 12 Traditions: Start by reading the First Tradition out of the Big Book, both the long and short version. Then read the corresponding question below. Consider how your Group or Groups around you may have broken these. If you can answer yes to any of these questions it may be in violation of that Tradition. Setting aside all your theories and ideas and just create a vision of what it looks like to violate each. Attaching a personal example of what it looks like to break the Traditions will create an awakening to the spirit of the Traditions.

After considering each Tradition and what it looks like to break it, ask how Tradition 12 applies to it. For example: How is anonymity the Spiritual foundation of Tradition One? Are the Principles of AA put before individual Personalities in the Group? Do this with each Tradition after considering each Tradition's question. The Principles of AA are the 12 Steps, 12 Traditions and the 12 Concepts of World Service.

- One:** Does the group put the interests of any individual above the welfare of the group or of AA as a whole?
- Two:** Does the group do anything that misrepresents the conscience of the majority of the group?
- Three:** Does the group exclude anyone with a drinking problem from attending the group?
- Four:** Does the group do anything that does not conform to AA principles and affect other groups or AA as a whole?
- Five:** Does the group do anything that conflicts with our carrying the AA message to alcoholics who want a way out from their drinking problem?
- Six:** Does anything that is done affiliate, endorse or bind the group, actual or implied, to any related facility or outside enterprise?
- Seven:** Does the group receive donations from anyone other than an AA member?
- Eight:** Are there any fees besides meeting expenses being charged for Twelve Step work, IE: fellowship, sponsoring, step work, counseling?
- Nine:** Is there a governing individual or exclusive group authority that dictates organization to our group?
- Ten:** Does the group do anything that publicly states an opinion or takes sides on any issues or controversy that are outside of AA?
- Eleven:** At the general public level, does the group publicize any individual AA member's name or picture as a self-appointed representative of AA?
- Twelve:** Does the group give personal distinction to any AA member either among fellow alcoholics or the general public that puts their opinions above the conscience of the group or AA as a whole?