

TAKING THE TRADITIONS HOME

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1. Our common welfare should come first. Personal progress for the greatest number depends upon unity.
 - **Is what I'm doing best for the "common welfare" of my family or is too much attention being directed toward one member's personal desires?**
2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
 - **Is the voice of a loving God being expressed in the "group conscience" of our household or has one member of the family become the "Ultimate Authority"?**
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
 - **Am I as interested in my family's recovery as I am in my own growth and well-being?**
 - **Do I let other family members know I am supportive of their efforts to recover?**
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
 - **Do I understand that just as I have rights as an individual, so too do other family members?**
 - **Do I subscribe to a "Live and Let Live" philosophy for myself and others?**
5. Each Al-Anon Family Group has but one purpose: To help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives and by welcoming and giving comfort to the families of alcoholics.
 - **How am I helping my family fulfill its purpose and attain its goals?**
 - **Am I attracting other family members to recovery by living the program to the best of my ability?**
 - **Am I giving comfort and encouragement to family members who are already in Al-Anon, Alateen or AA?**
6. Our Al-Anon Family Groups ought never to endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.
 - **Do I keep my attention focused on my spiritual well-being and relationship with God or am I easily diverted by routine problems of day-to-day living?**
 - **Do I have a healthy and supportive attitude toward the AA fellowship whether or not the alcoholic has found sobriety?**
7. Every group ought to be fully self-supporting, declining outside contributions.
 - **Have I learned to care for myself physically, emotionally and spiritually?**
 - **Do I turn to a Higher Power for support instead of expecting others to be responsible for me?**

8. Al-Anon 12th Step work should remain forever non-professional, but our service centers may employ special workers.
- **Do I recognize that I am not a professional counselor or “resident expert” for every concern facing the members of my family?**
 - **Do I know I can lead by “Power of Example” instead of giving unsolicited advice?**
9. Our groups, as such, ought never to be organized, but we may create service boards or committees directly responsible for those they serve.
- **Do I understand that the equality of family members is sustained by order, balance and a division of responsibilities?**
 - **Do I recognize that I can only change myself and that requires my full attention?**
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
- **Do I recognize that there is a difference between an argument and a discussion?**
 - **Am I willing to extend the same dignity and respect to family members as I would to receive?**
11. Our public relations policy is based on attraction rather than promotion. We need always maintain personal anonymity at the level of press, radio, TV and film. We need guard with special care the anonymity of all AA members.
- **Do I believe that living the program is the best way to carry the message to my family?**
 - **Are my actions speaking louder than my words?**
 - **Do I respect the anonymity of relatives who are in Al-Anon, Alateen or AA as well as their confidences?**
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.
- **Do I place “principles above personalities” by treating all family members equally?**
 - **Do I practice the principles of honesty, tolerance and love with family members?**
 - **Does everyone have the right to voice an opinion in important family matters?**
 - **Do I avoid gossip or criticism within or outside of the family?**
 - **Do I realize how important the Al-Anon principles are, particularly anonymity?**