

THE TWELVE TRADITIONS INVENTORY (from October 1989 AA Grapevine)

1. Do I share my concerns I have for the group welfare with other members of my group?
2. Do I participate in group business and group conscience meetings wherever I am?
3. Am I a good leader, serving my group according to the group conscience and not making decision and rules based on what I personally feel is good for the group?
4. Do I encourage my group not to make decisions and carry out actions that may adversely affect other AA groups or AA as a whole?
5. Do I encourage my group to cooperate but not affiliate or imply affiliation with outside entities?
6. Do I notify the proper people when I observe an anonymity break at the level of press, radio, TV and films?
7. Do I support my group by contributing money to help the group pay its expenses, thus enabling it to be self-supporting?
8. Do I encourage my group to contribute extra funds to the service entities within AA?
9. Do I guide the people I sponsor in carrying the message of recovery as described in the AA literature?
10. Do I encourage my group to stick to our primary purpose of recovery from alcoholism?
11. When speaking at meetings do I keep to my personal story on alcoholism and my recovery from alcoholism?
12. Do I practice placing principles before personalities in everything I do?
13. If a non-alcoholic comes to a closed AA meeting, do I lovingly take that person aside and in a gentle and courteous manner explain that Alcoholic Anonymous is for recovery from alcoholism? Do I offer assistance in steering that individual to a program of recovery for his or her particular addiction?
14. Do I continue to practice humility in all that I do?

If I can honestly answer yes to these questions, I know that my personal program of recovery from alcoholism is on the right track.

If I have to debate any of these questions in my mind, I know there is something in my thinking that is causing turmoil within myself. Most of the time, the solution has been rereading and reapplying the Twelve Traditions to my complicated mind to get my personal program of recovery strong and healthy again. By equally combining the Twelve Steps and Twelve Traditions, I no longer work half a program of recovery.

THE 12 STEPS SAVE ME FROM MYSELF

THE 12 TRADITIONS SAVE AA FROM OURSELVES