



## **The Twelve Traditions of Recovery in the Lifestyle**

1. Our common welfare should come first; personal recovery depends upon Recovery in the Lifestyle unity.
2. For our group purpose there is but one ultimate authority - a loving *Higher Power* as *It* may express *Itself* in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to be in Recovery in the Lifestyle.
4. Each group should be autonomous except in matters affecting other groups or Recovery as a whole.
5. Each group has but one primary purpose - to carry its message to those who still suffer.
6. Our Recovery group ought never endorse, finance, or lend the Recovery name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every Recovery group ought to be fully self-supporting, declining outside contributions.
8. Recovery groups should remain forever nonprofessional, but our service centers may employ special workers.
9. Recovery groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Recovery in the Lifestyle has no opinion on outside issues; hence the Recovery name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.