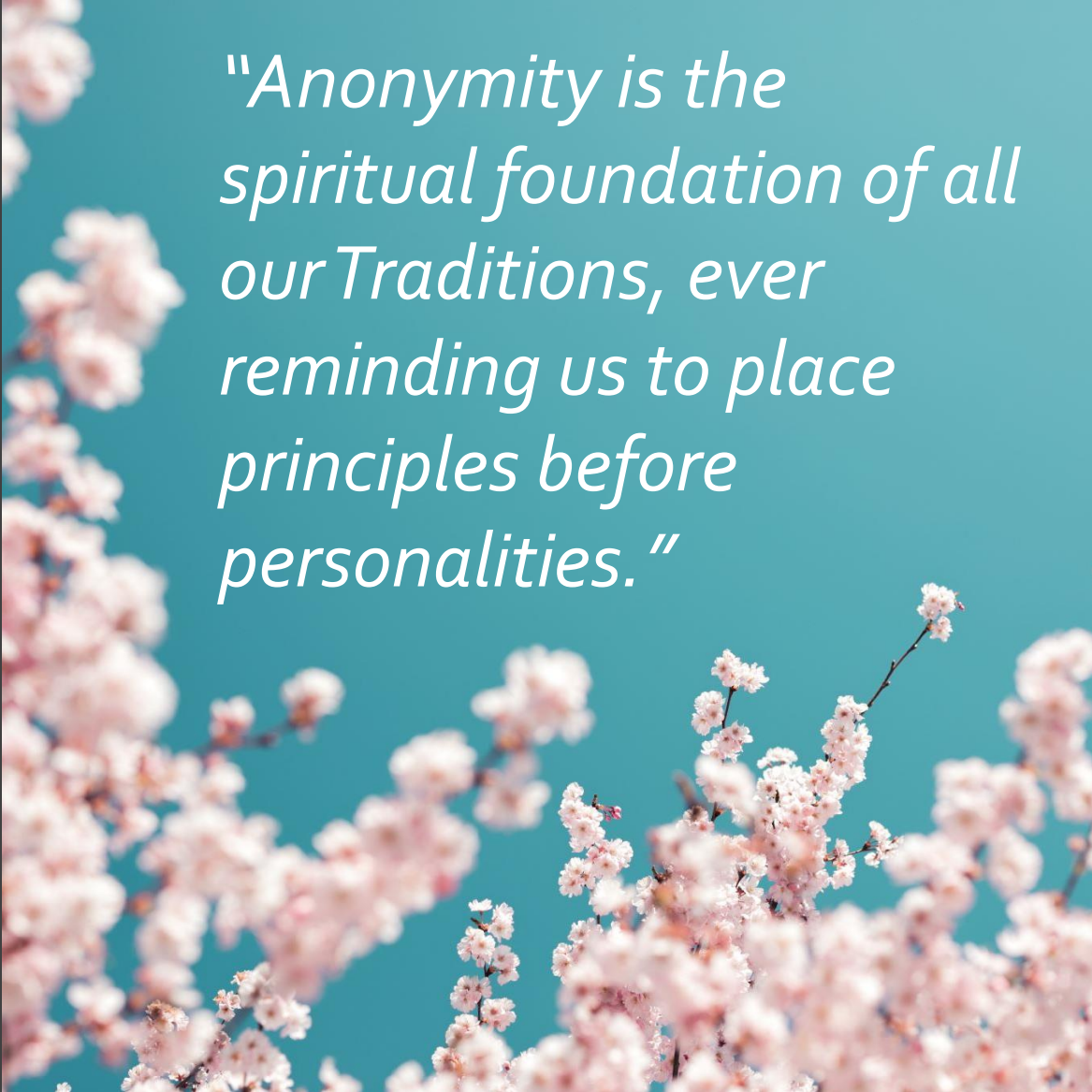


**A GUIDE TO
THE
TWELVE
TRADITIONS**

TRADITION 12



*"Anonymity is the
spiritual foundation of all
our Traditions, ever
reminding us to place
principles before
personalities."*

Welcome Fellow Travelers!

Thank you for joining us today for our workshop on ***Tradition 12*** of ***"A Guide to the Twelve Traditions!"*** workshop series.

Tradition Twelve: "Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities."

This workshop is being recorded and the audio will be available at a later date. We kindly ask you to please rename yourself using your first name only.

Serenity Prayer

Higher Power,
grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Introduction of our presenters and tech hosts.

Agenda

- A. Workshop Mission & Intent of the Twelve Traditions
- B. Suggested Commitment to Service
- C. Workshop Guidelines
- D. Introduction of the Tradition
- E. Presentation of the Skit
- F. Discussion Questions
- G. Takeaways
- H. Close with the Tradition Meditation

Our Mission

To provide education and experience through a series of 12 workshops on how The Traditions work to keep meetings safe and recovery oriented by practicing spiritual principles.

Intent of the Twelve Traditions

BRB pp 489 - 490

The ACA Traditions outline fellowship unity, group autonomy, and the ultimate authority of ACA - a loving Higher Power - as expressed in our group conscience.

The ACA Traditions frame our leadership style in the language of being a trusted servant. We avoid a style of governance or authority over another.

Anonymity coming from love underlines all of the Traditions and our group conduct. With the Twelve Traditions, we sustain ACA groups that allow the ACA Solution of reparenting one's self to emerge and thrive.

The Suggested Commitment to Service

BRB p. 601

I perform service so that my program will be available for myself, and through those efforts, others may benefit. I will perform service and practice my recovery by:

1. Affirming that the true power of our program rests in the membership of the meetings and is expressed through our Higher Power and through group conscience.
2. Confirming that our process is one of inclusion and not exclusion; showing special sensitivity to the viewpoint of the minority in the process of formulating the group conscience so that any decision is reflective of the spirit of the group and not merely the vote of the majority.
3. Placing principles before personalities.

The Suggested Commitment to Service

BRB p. 601

4. Keeping myself fit for service by working my recovery as a member of the program.
5. Striving to facilitate the sharing of experience, strength, and hope at all levels: meetings, Intergroups, Regional committees, service boards, and World Services.
6. Accepting the different forms and levels of service and allowing those around me to each function according to their own abilities.

The Suggested Commitment to Service

BRB p.601

7. Remaining willing to forgive myself and others for not performing perfectly.
8. Being willing to surrender the position in which I serve in the interest of unity and to provide the opportunity for others to serve; to avoid problems of money, property, and prestige; and to avoid losing my own recovery through the use of service to act out my old behavior, especially in taking care of others, controlling, rescuing being a victim, etc.
9. Remembering I am a trusted servant I do not govern.

Workshop Guidelines

We share in a general way. For our purposes today, we kindly ask everyone to focus on the topic being presented so that we may cover all the material. Please remember to employ:

- ✓ Principles over personalities
- ✓ Curiosity over criticism
- ✓ Progress not perfection
- ✓ Service coming from love
- ✓ HALT: Humility, Acceptance, Love, & Tolerance

Tradition Twelve

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Spiritual Principles

Anonymity & Humility

Anonymity & Humility

BRB pp. 552 - 554

When woven together by anonymity, the spiritual principles of the Traditions create a vibrant tapestry of ACA wisdom that cannot be easily torn. In this spiritual fabric, we see that anonymity is the spiritual foundation of all our Traditions.

ACA is a program of people, and therefore a program of diverse personalities. Our membership is made up of people in varying degrees of codependence, addiction, and PTSD recovery. Some of our members are new and still hurting from growing up in a dysfunctional home. Others have worked through some of the effects of being raised in a dysfunctional setting. There will be conflicts, hurt feelings, and differences of opinion in ACA. There will be people storming out of business meetings, thinking they have been poorly treated in the meeting. Some have been mistreated, and some have not. There will be trusted servants believing they have been shunned and unappreciated by the group. There will be game players, not yet committed to ACA recovery, who manipulate others and unwittingly disrupt another's recovery through selfishness. There will be romantic relationships that sour and occasionally spill into meetings. Some group members may unwisely take sides.

Anonymity underlined by humility is the bedrock of ACA principles.

Tradition Twelve Skit Introduction

This is a business meeting after the recovery meeting where Pat has shared in a rageful way and called members out individually.

Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Tradition Twelve Skit

Pat: Some people in this group, like Drew, don't want to stick with what works in our meeting – that I have the background and length of service to lead this meeting the best way. It's like they want the meeting to fall apart!

Drew: Pat, you can attack me all you want, but where is the recovery in that? Can we think more about rotation of service? We need more people to have the chance to give service. That's part of our recovery!

Pat: I'm quoting from the Concepts in our Big Book – that "*Good service leaders, together with sound and appropriate methods of choosing them, are, at all levels, indispensable for our future functioning and safety.*" And this group chooses me to fill the most indispensable service roles.

Stacy(Supporter of Pat): I'm so grateful for what you bring to this meeting, Pat. Elections aren't even necessary. Your service over the past 10 years as Chair has kept us safe.

Chris: Safe from who?! That's not been my experience. And by the way, Pat, The Concepts are not The Traditions; The Traditions remind us that we all have something to give, and we work together to grow in service.

Tradition Twelve Skit Cont'd

Tracy(Supporter of Pat): I agree with Stacy. We should be grateful for Pat. I don't understand why anyone else doesn't see that.

Drew: The Traditions say, "*Our leaders are but trusted servants, they do not govern.*" There are members here who are afraid to speak up because they know they'll be dismissed or shamed by Pat, just like what happened to me at the start of this business meeting. This is a re-creation of our families of origin.

Pat: Well, maybe your family was so dysfunctional that you see dysfunction everywhere and need to blame people. You can't seem to see through that to understand how well run our meetings are. Tradition One says "*Our common welfare should come first; personal recovery depends on ACA unity.*" And Drew, you people are not helping maintain the unity of our meeting. Why don't you just go start your own meeting and see how that goes!

Chris: Principles over personalities, Pat. I don't think we'll ever get through to this group with the level of control and dysfunction that exists. Drew and I are not alone in thinking that we need change. And maybe you're right, Pat. It's something we've already thought about – we do need to start a new meeting.

Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Discussion Questions

As we go through these questions, please consider the impact on newcomers and how the spiritual principles are important to personal recovery as well as how we handle group business.

Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Discussion Question 1

What could be reasons to stay in this meeting - or not?

Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Discussion Question 2

For our skit, what Tradition principles would have helped avoid this dysfunction?

Spiritual Principles of the ACA Traditions

<i>Tradition One</i>	UNITY
<i>Tradition Two</i>	HUMILITY
<i>Tradition Three</i>	INCLUSION
<i>Tradition Four</i>	AUTONOMY
<i>Tradition Five</i>	SINGLENES OF PURPOSE
<i>Tradition Six</i>	AUTONOMY
<i>Tradition Seven</i>	GIVING BACK
<i>Tradition Eight</i>	EQUALITY
<i>Tradition Nine</i>	TRUST
<i>Tradition Ten</i>	NEUTRALITY & SINGLENES OF PURPOSE
<i>Tradition Eleven</i>	ANONYMITY
<i>Tradition Twelve</i>	ANONYMITY & HUMILITY

Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Discussion Question 3

What do we mean when we say a Tradition, or a Program tool is being misused?

Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Discussion Question 4

How can it add to our personal recovery and change our relationships when we use the spiritual principles of the Traditions - particularly Tradition 12 - placing principles before personalities?

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Discussion Question 5

In the skit, how could some of the interactions be changed to be more recovery-oriented and less finger pointing - using principles before personalities when addressing each other?

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Additional Thoughts & Takeaways

Resources

- Contact us at traditions@acawso.org
- Workshop recordings and slides located at:
<https://adultchildren.org/traditions-audio>

7th Tradition Contribution

"Every ACA group ought to be fully self-supporting, declining outside contributions."

Your contribution is a critical part of maintaining WSO services and delivering the message to the adult child who still suffers.

<https://adultchildren.org/7th-tradition/>

Closing Tradition Twelve Meditation

Higher Power. Help me see the connecting thread that anonymity brings to the ACA program. Give me the willingness that I need to practice ACA principles instead of a false self personality.

Thank You For Joining Us Today!