


A GUIDE TO THE TWELVE TRADITIONS

TRADITION 11



"Our public relations policy is based on attraction rather than promotion; we maintain personal anonymity at the level of press, radio, TV, films and other public media."

Welcome Fellow Travelers!

Thank you for joining us today for our workshop on *Tradition 11* of "*A Guide to the Twelve Traditions!*" workshop series.

" "

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 Eleven

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Spiritual Principle

Anonymity

Anonymity

BRB pp545-546

In ACA, we have learned that the spiritual principle of anonymity means much more than merely identifying by our first name only at meetings. Anonymity means that we are willing to surrender our notions of personal ambition. Whether we would admit it or not, appearing in the media using our full name sets us apart from other ACA members. By doing so, we begin to feel different and the feeling of isolation creeps in. We also get the feeling that we are required to perform or say the right thing, which is a version of our people-pleasing trait. We can set ourselves up for an ACA relapse by placing ourselves in the public eye.”

Attraction is different. Attraction is making information available about ACA without strings. There are no pitches and no grand promises. This means that ACA members let others know about the program without promoting ACA or breaking personal anonymity.

Tradition Eleven Skit Introduction

A famous boxer, who uses the name Mr. ACA, just won his fight, and is now being interviewed.

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Tradition Eleven Skit

Reporter: Mr. ACA - Congratulations! How would you describe winning this fight?

Mr. ACA (Famous Boxer): I want to thank Adult Children of Alcoholics. As the leader of our meeting, I know I speak for everyone in the Program when I say we have found courage because of the 12 Steps. Without this program, I would not be where I am today, I have the confidence to fight. You can find us at adultchildren.org. And I specifically want to call out the folks in My meeting, which we've named The Knockout Group. This is such a great meeting. I know they are all watching me. A special thank you to John Smith, Jane Anderson, Megan Hill, and Paul Jones who have consistently been in my corner!

Reporter: Thanks for talking with us, Mr. ACA. It sounds like everyone should attend your meeting. It has obviously done a world of good for you!

Tradition Eleven Skit cont'd

ACA Members in the audience:

John S: Can you believe this guy? He is announcing our names and our group on the air.

Paul J: I know. This is not good! My family thinks I know him from my boxing club.

Jane A: Wow! This is bad for me; I could lose clients over this. I'm not sure they will understand. This is so embarrassing!

Megan H: I'm not embarrassed - I think it's great. I have a Facebook page all about my recovery. It lets people know I have completely changed from an angry person to a loving one.

Tradition Eleven Skit cont'd

Later that day on TV:

Reporter: We interrupt this program to bring you this late breaking news:

Mr. ACA has just been arrested for drunken disorderly conduct and assaulting a police officer.

Back to you Bob!

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Discussion Questions

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

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Discussion Question 1

Explain the difference between attraction and promotion? Why do we choose attraction as a public relations policy rather than promotion?

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Discussion Question 2

How does the spiritual principle of anonymity in 12 Step programs differ from the dictionary definition of anonymity?

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Discussion Question 3

How does the spiritual principle of anonymity relate to the principle of attraction rather than promotion?

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Discussion Question 4

How would you explain anonymity to a newcomer or sponsee?

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Discussion Question 5

How do our Laundry List Traits and “Other” Laundry List Traits get in the way of anonymity in our meetings?

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Discussion Question 6

How does the spiritual principle of anonymity relate to relationships in personal recovery?

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Additional Thoughts & Takeaways

Resources

- Contact us at traditions@acawso.org
- Workshop recordings and slides located at:
<https://adultchildren.org/traditions-workshops/>
- Workshop dates and Zoom information found at:
<https://acawso.org/events/>

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 Eleven Meditation

Higher Power. I ask you to guide me in maintaining my anonymity at the level of all media because no one speaks for ACA or gives the appearance of speaking for ACA. We attract others to ACA by our good works and the good word of others. Help me discern when I might break my anonymity for a suffering adult child looking for a way out of confusion. This person might be a co-worker or a family member. Help me know when to share some of my story, or when to remain quiet and maintain my anonymity. May I avoid speaking out of turn, or using my ego to share with people who may not be interested in ACA. At the same time, give me courage to share this program when the moment is right.

Thank You For Joining Us Today!