

## BASIC TEXT TRADITION WORKSHEET

### **TRADITION ONE: "Our common welfare should come first; personal recovery depends on NA Unity" (Page 59-60)**

Tradition One *guaranties* our survival and freedom as a Fellowship to continue to carry the message to the addict who still suffers.

1. What are the two things Tradition One concerns itself with? (Paragraph 1) – ***Unity and our common welfare.***
2. What is imperative to our survival as an addict? (Paragraph 1) --- ***That the group remain stable or the entire fellowship perishes and the individual dies.***
3. Does this tradition teach us that we don't need certain addicts? (Paragraph 2) --- ***No. The addict is precious to the group and the group is precious to the individual.***
4. Can we put members out whom we don't like or who do not do what we tell them to do? (Paragraph 2) --- ***No one can revoke our membership or make us to do anything we do not choose to do.***
5. How do we lead and learn from each other in Narcotics Anonymous? (Paragraph 2) --- ***We follow this way of life by example rather than direction.***
6. What do we do differently in NA concerning our personal desires? (Paragraph 2) --- ***In Narcotics Anonymous we find that what is best for the group is usually what is good for us.***
7. What does our personal experience teach us about self-sufficiency? (Paragraph 3) --- ***That self sufficiency is a lie.***
8. What three common themes did we find in our recovery? (Paragraph 3) --- ***We share a desire to stay clean, we have learned to depend on a higher power greater than ourselves, our purpose is to carry the message to the addict who still suffers.***
9. How do we deal with disagreements and conflicts in NA? (Paragraph 4) --- ***Disagree without being disagreeable.***
10. What are some of the commonplace activities in our Fellowship? (Paragraph 4)
11. How do we ensure that we will survive and continue to carry the message to the addict who

still suffers? (Paragraph 5) --- ***With faith, hard work and unity.***

12. How can we apply and practice the spiritual lessons of common welfare, unity, compromise, teamwork, settling disagreement and conflict in our home lives outside of the Fellowship? (From the heart) --- ***Family first.***

**TRADITION TWO:** "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." (Page 60-61)

Tradition Two *guarantees* our freedom from inside control and protects the atmosphere of recovery, our most valued asset.

1. Why are we concerned with protecting ourselves from ourselves? (Paragraph 1) ***We are strong willed, self centered people thrust together in NA. We are mismanagers, not one of us is capable of consistently making good decisions.***
2. What do we rely on in Narcotics Anonymous rather than personal opinions or ego? --- ***So that our decisions are truly God's will.*** (Paragraph 2)
3. By working the steps, what do we learn? (Paragraph 2) --- ***We learn to depend on a power greater than ourselves and to use this power for our group purposes.***
4. What is the difference between group conscience and group opinion? --- ***The spiritual group conscience will never contradict the traditions. True spiritual principles are never in conflict, they complement each other. Group opinion may be in conflict and may contradict the traditions.*** (Paragraph 2)
5. How can we recognize the operation of true spiritual principles in our group conscience? (Paragraph 2) --- ***True spiritual principles complement each other, they are never in conflict.***
6. What have we learned concerning the nature of leadership in NA? (Paragraph 3) --- ***Leadership by example and selfless service works.***
7. What is our most valued asset in Narcotics Anonymous? What is the "Atmosphere of Recovery"? (Paragraph 3) --- ***An atmosphere of recovery. An atmosphere of recovery is an atmosphere governed by spiritual principles.***
8. What three things can destroy a group if given authority? (Paragraph 4) --- ***Egos, unfounded pride, and self will.***
9. What must we remember about our trusted services? (Paragraph 4) --- ***At no time do any of***

*us govern.*

10. How can we maintain our group dignity? (Paragraph 4) --- ***Only with group conscience and God's love.***
11. What happens to the self-seekers? (Paragraph 5) --- ***They soon find that they are on the outside, causing dissension and eventually disaster for themselves.***
12. How can we apply and practice the spiritual lessons of leadership by example, acting like a servant and being governed by a loving God as expressed in our group conscience in our homes? (From the heart) --- ***By letting a loving God guide us in our decisions and not acting on self will or self centeredness.***

**TRADITION THREE: "The only requirement for membership is a desire to stop using" (Page 62-63)**

Tradition Three *guarantees* freedom for recovery to any addict who has the desire to stop using.

1. Who is this tradition important for? (Paragraph 1)
2. What is the key word in this tradition? (Paragraph 1)
3. What one painful fact has emerged again and again in our experience with carrying the message? (Paragraph 1)
4. What seven things can happen to addicts and they still will not stop until they want to stop? (Paragraph 1)
5. What is the only requirement for membership? (Paragraph 2)
6. This tradition ensures us that regardless of what...any addict is free to practice the NA way of life? (Paragraph 2)
7. Is membership in Narcotics Anonymous automatic? (Paragraph 3)
8. What is the ideal state for our Fellowship? (Paragraph 4)
9. What do we realize about recovery and life without drugs? (Paragraph 4)
10. Why do we open our doors to other addicts? (Paragraph 4)
11. Who will join our new way of life? (Paragraph 4)

12. How can we apply and practice the spiritual lessons of freedom of choice, equality, and non-judgmental behavior in our homes, toward our family and loved ones? (From the Heart)

**TRADITION FOUR: "Each group should be autonomous except in matters affecting other groups or NA as a whole" (Page 63-64)**

Tradition Four *guarantees* freedom of each individual NA group to have its own atmosphere of recovery that best suits its members in carrying out the primary purpose.

1. What is necessary for our group survival? What does autonomy mean? (Paragraph 1)
2. If we are truly autonomous why do we have service committees, offices, activities, hot lines and other activities? (Paragraph 2)
3. What is the Narcotics Anonymous Fellowship about? (Paragraph 2)
4. What is the result of the services mentioned in question one? (Paragraph 2)
5. What is the Narcotics Anonymous Group? (Paragraph 3)
6. What are the two basic types of meetings? What are some of the meeting formats? (Paragraph 3)
7. The group format varies, but does the function of a group vary? (Paragraph 4)
8. What does our autonomy do and why do we guard it so carefully? (Paragraph 5)
9. What is the one exception to our complete freedom of autonomy? (Paragraph 6)
10. How can autonomy, like group conscience, be a two-edged sword? (Paragraph 6)
11. What must we check to make sure all will be well? (Paragraph 6)
12. How can we apply and practice the spiritual lesson of learning to stand and grow on our own at home? (From the Heart)

**TRADITION FIVE: "Each group has but one primary purpose---to carry the message to the addict who still suffers" (Pages 64-65)**

Tradition Five *guarantees* unity of action and purpose and freedom from losing and diluting the NA message.

1. What is the primary purpose of the group and what is the primary purpose of the individual addict? (Paragraph 1)
2. What is all that our groups can do? (Paragraph 1)
3. How does this tradition ensure that we maintain the atmosphere of recovery in our meetings? (Paragraph 1)
4. What does every group's focus on carrying the message provide? (Paragraph 1)
5. The Twelfth Step of our personal program states what? (Paragraph 2)
6. How does carrying the message affect the newcomer and the other members? (Paragraph 2)
7. What is our most powerful vehicle for carrying the message? (Paragraph 2)
8. What is the problem when a member carries the message? (Paragraph 2)
9. What is the problem with literature being used to carry the message? (Paragraph 2)
10. What would happen if our groups had another primary purpose? (Paragraph 3)
11. What is our message? (Paragraph 4)
12. How can we apply and practice the spiritual lessons of reaffirming commitments to our significant others, uniting and working together with them, not against them, to help improve our home situations? (From the Heart)

**TRADITION SIX: "An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose" (Page 66-67)**

Tradition Six *guarantees* the preservation and protection of Narcotics Anonymous as a separate and distinct Fellowship.

1. Why do we have a policy of non-affiliation? (Paragraph 1)
2. What is the first thing we ought never do? (Paragraph 1)
3. What does endorse mean? What is direct or implied endorsement? (Paragraph 2)
4. What is a violation of this tradition? (Paragraph 3)
5. Even though we cannot allow others to use NA to further their growth, what are we willing to do for related facilities and outside enterprises? (Paragraph 3)
6. What is the next thing we ought never do? What does finance mean? (Paragraph 4)
7. What is the third thing we ought never do? Give examples of how other programs might use the NA name. (Paragraph 5)
8. What is a related facility or outside enterprise? (Paragraph 6)
9. What is the difference between Narcotics Anonymous and other Twelve Step Fellowships? (Paragraph 6)
10. What three things do we not use in our meetings to avoid affiliation with other Twelve Step Fellowships? Why? (Paragraph 6)
11. How could "problems of money, property, and prestige" affect the individual and the group? (Paragraph 7)
12. What could we do to apply and practice the spiritual lessons of this step to aid in developing a safe, happy home life? (From the heart)

**TRADITION SEVEN: "Every NA group ought to be fully self-supporting, declining outside contributions."** (Pages 67-68)

Tradition Seven *guaranties* freedom from outside control because we realize everything has its price regardless of intent.

1. As individuals in addiction were we self-supporting? (Paragraph 1)
2. As recovering addicts what do we find out about dependence" (Paragraph 1)
3. Although we were unable to function as human beings, what did we find in recovery" (Paragraph 1)
4. How have addicts as a group affected society? (Paragraph 1)
5. What do we as a group in NA demand? (Paragraph 1)
6. What has always been a problem for us? How did we try to get money? (Paragraph 1)
7. What do we need money for in NA? (Paragraph 3)
8. How do we in NA get money and what do we do to get extra money? (Paragraph 3)
9. What is our policy concerning money? (Paragraph 4)
10. Why do we accept no funding, endowments, loans and or gifts? (Paragraph 4)
11. What have we found happens when we allow our members to contribute more than their fair share? (Paragraph 4)
12. How can we apply and practice the spiritual lessons of not borrowing or lending money and becoming completely self-supporting at home? (From the heart)

**TRADITION EIGHT: "Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."** (Pages 69-70)

Tradition Eight *guarantees* equality and freedom from disunity.

1. Why do we need the Eighth Tradition? (Paragraph 1)
2. What terms do we need to define in order to understand this tradition? (Paragraph 1)
3. What do we mean when we say "we have no professionals"? (Paragraph 2)
4. What would happen if we employed professionals in NA groups? (Paragraph 2)
5. How do we feel about professionals in NA? (Paragraph 3)
6. How do we define a service center? Give some examples. (Paragraph 4)
7. Give some examples of facilities that are not NA service centers. (Paragraph 4)
8. What does this tradition state about "special workers" and what does that statement mean? (Paragraph 5)
9. Why are special workers necessary? (Paragraph 5)
10. What is the difference between professionals and special workers? (Paragraph 6)
11. What do we gain by not placing professional status on any member? (Paragraph 7)
12. How would it affect us if we apply and practice the spiritual lesson of removing professionalism and competition from our homes? (From the heart)



**TRADITION NINE: "NA, as such ought never be organized, but we may create service boards or committees directly responsible to those they serve" (Page 70)**

Tradition Nine *guarantees* freedom from inside control.

1. What is the purpose of this tradition? (Paragraph)
2. What is Narcotics Anonymous? (Paragraph 1)
3. What are our meetings for? (Paragraph 1)
4. How are our steps and traditions ordered? (Paragraph 1)
5. What does the word "organized" mean in this tradition? (Paragraph 1)
6. What would happen in our Fellowship without this tradition? (Paragraph 1)
7. Who is our ultimate authority? (Paragraph 1)
8. As defined in this tradition what is the nature of the things that we can do to help NA? (Paragraph 2)
9. What may we create? (Paragraph 2)
10. What is the purpose of these boards and committees? (Paragraph 2)
11. Where has the nature of our service structure been defined? (Paragraph 2)
12. How can we apply and practice the spiritual lesson of turning our family life over to one ultimate authority? (From the heart)

**TRADITION TEN: "Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy" (Page 71)**

Tradition Ten protects our reputation and *guarantees* freedom from outside controversy.

1. What must NA be in order to achieve our spiritual aim? (Paragraph 1)
2. What happened in 1953? What did society realize in the 1970's? (Paragraph 1)
3. How did the new way people viewed addicts affect NA? (Paragraph 1)
4. What is the result of recovering addicts paving the way for NA today? (Paragraph 1)
5. Why do addicts and those who help addicts need to know about NA? (Paragraph 2)
6. What is one of the most important things we can do to further our primary purpose? (Paragraph 2)
7. How will letting others know who and where we are affect NA? (Paragraph 2)
8. What speaks for itself? (Paragraph 3)
9. What is the purpose of our Tenth Tradition? (Paragraph 3)
10. What does this tradition clearly state that we as a Fellowship do not do? (Paragraph 3)
11. What could be some of the results of not following this tradition? (Paragraph 3)
12. How might applying and practicing the spiritual lessons of minding our own business and not getting involved in things that do not concern us improve our home lives? (From the heart)

**TRADITION ELEVEN: "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." (Page 72)**

Tradition Eleven *guarantees* freedom from harmful media exposure and maintains personal anonymity. Like Tradition Ten, it also protects the reputation of Narcotics Anonymous as a whole.

1. With what does this tradition deal? (Paragraph 1)
2. What does this tradition teach us how to do? (Paragraph 1)
3. What does our public image consist of? (Paragraph 1)
4. Even though it is important to reach as many people as possible, what is imperative for our protection? (Paragraph 1)
5. What is our attraction? (Paragraph 2)
6. What do our groups offer? (Paragraph 2)
7. What is our promotion? (Paragraph 2)
8. What does this tradition tell us we need to maintain? (Paragraph 3)
9. What two things does this tradition protect? (Paragraph 3)
10. What do we not do in relationship to the media? (Paragraph 3)
11. No individual inside or outside NA does what? (Paragraph 3)
12. How can we apply and practice the spiritual lessons of attraction rather than promotion in our homes? (From the heart)

**TRADITION TWELVE: "Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities" (Page 72-73)**

Tradition Twelve *guarantees* freedom to apply spiritual principles no matter what personalities are involved.

1. What is the meaning of anonymity? (Paragraph 1)
2. What happens in keeping Tradition Twelve? (Paragraph 1)
3. What is a byproduct of this tradition? (Paragraph 2)
4. How does humility affect our growth and development? (Paragraph 2)
5. We attempt to adhere rigorously to what principle? (Paragraph 2)
6. How do we achieve the true spirit of anonymity? (Paragraph 3)
7. What phrase have we often heard in NA? (Paragraph 4)
8. How does the principle of anonymity affect all individuals as members of a group in NA? (Paragraph 4)
9. What are some of the areas we strive for in personal gain? (Paragraph 4)
10. If we adhere to the principle of anonymity what happens to the drive for personal gain? (Paragraph 4)
11. What does Tradition Twelve protect us from? What does anonymity make impossible? (Paragraph 4)
12. How can we apply and practice the spiritual lessons of putting "principles before personalities" in our homes? (From the heart)

# DEFINITIONS OF SPIRITUAL PRINCIPLES OF THE TWELVE TRADITIONS

**Acceptance:** the act of accepting; approval; an agreeing either expressly or by conduct to the act or offer of another person, place or thing.

**Anonymity:** bearing no name, we are all equal as addicts.

**Commitment:** the state of being obligated

**Compassion:** sympathetic consciousness of others' distress together with a desire to alleviate it

**Faith:** belief and trust in and loyalty to God, firm belief in something for which there is no proof

**Fidelity:** implies strict and continuing faithfulness to an obligation, trust, or duty

**Freedom:** the absence of necessity, coercion, or constraint in choice or action

**Gratitude:** appreciative of benefits received (thankfulness)

**Harmony:** internal calm; an interweaving of different accounts into a single narrative

**Humility:** implying absence of vanity and arrogance

**Integrity:** adherence to a code of moral, artistic, or other values; the state of being complete or undivided

**Love:** affection based on admiration

**Open-mindedness:** receptive of arguments or ideas; unprejudiced

**Prudence:** shrewdness in the management of affairs; discretion in the use of resources

**Responsibility:** moral, legal, or mental accountability, trustworthiness

**Selflessness:** having no concern for self

**Service:** contribution to the welfare of others

**Simplicity:** the state of being simple or uncompounded

**Surrender:** give oneself over to something (as an influence or course of action)

**Tolerance:** sympathy or indulgence for beliefs or practices differing from or conflicting with one's own

**Unity:** the quality or state of being made one (unification)

**Vigilance:** alertly watchful to avoid danger

# The Spiritual Principles of OUR Twelve Traditions

**OUR** Twelve Traditions describe those specific things that have been found to help **OUR** groups and individuals remain strong, lively, and free. Underlying the specifics of **OUR** traditions, however, are dozens of spiritual principles, any one of which could be applied to almost any of the Twelve Traditions. This broad field of principles is the ground upon which the traditions have grown. The more **WE** cultivate this ground, the stronger **OUR** understanding and application of each of the traditions themselves will be. So long as **WE** place the practice of these principles before the exercise of **OUR** individual personalities, **ALL WILL BE WELL.**

**Tradition 1:** Surrender, Acceptance, Commitment, Selflessness, Love, and Anonymity

**Tradition 2:** Surrender, Faith, Humility, Open-mindedness, Integrity and Anonymity

**Tradition 3:** Tolerance, Compassion, Humility, and Anonymity

**Tradition 4:** Open-mindedness, Love, Unity, Willingness, and Anonymity

**Tradition 5:** Integrity, Responsibility, Unity, Vigilance, and Anonymity

**Tradition 6:** Humility, Integrity, Faith, Harmony, and Anonymity

**Tradition 7:** Gratitude, Responsibility, Faith, Integrity, Freedom, and Anonymity

**Tradition 8:** Humility, Prudence, Integrity, and Anonymity

**Tradition 9:** Humility, Simplicity, Prudence, Fidelity, and Anonymity

**Tradition 10:** Unity, Responsibility, Prudence, Humility, and Anonymity

**Tradition 11:** Faith, Service, and Anonymity

**Tradition 12:** ANONYMITY