Sequence/ Moderator	Tr #	Principles	Question
1 (P)	1	Unity/ Common Welfare	How do Common Welfare and Unity translate into having healthy relationships with family/work/ friends?
2 (S)	2	Unity/ Respect/ Integrity	How does my respect for other's ideas and opinions enhance my family/work/other relationships?
3 (P)	3	Unity/ Acceptance/ Common Purpose	How does having a common purpose keep your relationships healthy? For example, bringing personal issues (outside affiliations) into a work environment. Please provide examples of how outside affiliations can hurt relationships.
4 (S)	4	Balance	How have you used this tradition to create balance between personal freedom and common welfare in your family/work/other relationships?
5 (P)	5	Recovery/ Understanding/ Compassion/ Detachment	How do you use tradition 5 in your relationships?
6 (S)	6	Primary Spiritual Aim	How does having and pursuing a spiritual aim help you to have a more thoughtful and focused life?
7 (P)	7	Interdependent/ Compassion	How do you maintain the balance between being fully self supporting (i.e., emotionally, spiritually, physically) and being compassionate with others while respecting the other's responsibility for themselves?
8 (S)	8	Humility/ Balance/ Awareness	How does this tradition find balance between doing everything yourself and knowing when to reach out for help?

Sequence/ Moderator	Tr #	Principles	Question
9 (P)	9	Trust/ Responsibility/ Equality/ Flexibility	How does this tradition achieve and maintain healthy relationships in your experience?
10 (S)	10	Respect/ Listening/ Humility/ Detachment	How can this tradition help me to concentrate on our common bonds rather than our differences?
11 (P)	11	Equality/ Integrity/ Responsibility/ Detachment	How is attraction different from promotion for your relationships? Why is anonymity important?
12 (S)	12	Respect/ Dignity/ Equality/ Humility/ Integrity	How do you practice (provide examples) placing principles above personalities? Do you have a slogan that helps you?

Twelve Traditions

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our 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, films, and TV. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.