

Tradition I

SHORT: 'OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS UPON AA UNITY'

LONG: 'EACH MEMBER OF ALCOHOLICS ANONYMOUS IS BUT A SMALL PART OF A GREAT WHOLE. AA MUST CONTINUE TO LIVE OR MOST OF US WILL SURELY DIE. HENCE OUR COMMON WELFARE COMES FIRST. BUT INDIVIDUAL WELFARE FOLLOWS CLOSE AFTERWARD.'

Make a list of areas of your life, e.g.

Home
Work
AA
Friends
Other

Ask, with each of these areas (where relevant):

- Do I still value being able to 'go it alone'?
- Do I place common welfare first, placing others' welfare before my own, or do I put myself first?
- Am I more concerned with giving or with getting?
- Do I do my best to avoid argument, attack, defence, and unnecessary criticism, in order to preserve unity?
- Do I dominate as a matter of course or do I look for my true role?
- Do I create divisions in my mind between 'me' / 'us' and 'you' / 'them'?
- Can I identify with others, even people I dislike or worse?
- Do I insist on unity through uniformity or can I allow unity to be based on inclusion, love, and genuine tolerance?
- Do I see others, even people I dislike, as being a common expression of a loving God?

With each question, ask: (1) What is going on? (2) Where am I at fault? (3) What is my corrective measure?

Tradition I prayers

'God, please show me what is for the best of all.'

'God, please help me see the similarities, not the differences.'

'God, please have me focus on giving, not getting.'

'God, please have me forgive and see the God in others.'

Tradition I quotations

'And Dr Jung wrote and told Bill, in essence, that he had always known that the alcoholic's problem was his search for unity. His search for unity; and he couldn't find it. He even quoted one of my favourite verses: 'As the hart panteth after the water brooks, so panteth my soul after thee, O God.' ... And when he found the bottle, it seemed to be the missing ingredient. ... He had found chemical unity, and it did a pretty good job for him until it became the problem that only a spiritual answer could solve.' (Chuck C.)

'I don't happen to believe in good or bad. I don't happen to believe in right or wrong. I don't happen to believe in two worlds. I believe in one world. I believe that this is an experience, but it's not reality.' (Chuck C.)