

**THE FOLLOWING ARE SOME OF THE PRINCIPLES OF THE
TWELVE STEP RECOVERY PROGRAMS. PLEASE ADD THOSE YOU
FEEL ARE MISSING AND PASS THEM ON TO OTHERS.**

What is a principle? Webster's Dictionary defines it as:

- 1) The ultimate source, origin or cause of something*
- 2) A natural or original tendency, faculty or endowment*
- 3) A fundamental truth, law, doctrine, or motivating force, upon which others are based (moral principal)*
- 4) A rule of conduct, esp. of right conduct*

Definitions from Al-anon members include:

- 1) Something by which you live your life that defines your moral character*
- 2) Guidelines that are morally right*

The principles are found in the steps, traditions, concepts and warranties. These principles were all found in the Al-anon book "Paths to Recovery".

The following were found in the steps

Recovery through acceptance of the steps
Unity through acceptance of the traditions
Service through acceptance of the concepts
We welcome family and friends of the alcoholic by carrying the message
(Page xi)

Working the steps is our path to personal recovery
We are responsible for our own happiness
We cannot control other people
(Page xii)

Pass it on to others
(Page xiii)

We are powerless over others – when we try to control others we lose the ability to manage our own lives
(Page 10)

Keep the focus on ourselves
Turn our will and lives over to God
(Page 30)

Detach with love
Honesty is a principle of step one
Hope is a principle of step two
Faith is a principle of step three
(Page 34)

Keep confidences
No gossip
Listen
Apologize
Trust and rely on God
Honesty
Acceptance of others
Acceptance of ourselves
Commitment to the steps
Commitment to ourselves
Commitment to the fellowship
Appreciation for what we have been given
Take responsibility
Self-care
Thoroughness and honesty
Admit our mistakes
Willingness to change
Be kind and loving to others and ourselves
Reach out to others
Compassion
Love
Humility
Willingness
Forgiveness
Respect – you may not like all of us but you will learn to love us in a very special way
Self-respect
Anonymity
No criticism
We share what we have received in order to keep it for ourselves
(A basic spiritual principle)
We are not in charge
Prayer
Meditation
We share of ourselves openly and honestly
Trust others
Generosity
Kindness

Step One – Honesty
Step Two – Hope
Step Three – Faith
Step Four – Discipline
Step Five – Courage
Step Six – Willingness
Step Seven – Humility

Step Eight – Compassion
Step Nine – Integrity
Step Ten - Perseverance
Step Eleven – Spirituality
Step Twelve – Service

The following were found in the traditions

Our common welfare should come first
There is but one authority – God
No outside affiliations
Autonomy
Practice the twelve steps
Encourage and understand our alcoholic relatives
Welcome and give comfort to others
Never endorse, finance or lend our name to outside enterprises
Self-supporting
Non-professional
Never organized
No opinion on outside issues
Attraction rather than promotion
Place principles above personalities
Stand together – unity
Love unconditionally

The following were found in the concepts

Ultimate responsibility
Delegated authority
Leadership
Participation
Acknowledgement
Rights
Delegation
Balance
Spirituality
Authority
Good management
Ultimate authority
Service

I'm sorry but I did not get to the Warranties. You'll need to do the research yourself.

With love, peace and serenity,
One among many