

Body Fellowship 12 Traditions →

← Spirit Commitments 12 Concepts

↑ Mind Working the 12 Steps

The diagram features the AA logo at the center, which is a blue circle containing a white triangle. Inside the triangle are the letters 'AA' and the word 'RECOVERY' at the bottom. The words 'UNITY' and 'SERVICE' are on the left and right sides of the triangle respectively. Three arrows point towards the logo: one from the left, one from the right, and one from the bottom.

I get relief from Unity and Service. I get freedom from Recovery.

Pg xxvi: Men and women drink.... Break down paragraph sentence by sentence, explain how it applies to you as to both drinking and thinking.

Pg 9: Finish Bill's Story, look for and mark Steps 2-12. Write out your story.

Pg 27: "...ideas, emotions and attitude" write out "Am I ready for this revolutionary change?"

Pg 31: "here are some of the methods we have tried..." Add to list with both drinking and thinking and about methods used to think or live like other people; how they apply to you re: drinking and thinking.

Go through all 4 stories, describe thought that led them to drink – give examples of doing same.