

**PRACTICING**



**THE PRINCIPLES  
OF OUR  
TRADITIONS**



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### TRADITION ONE

The program of Narcotics Anonymous is based on the spiritual principles embodied in the Twelve Traditions. Working the Steps forms the basis of our personal recovery and leads to a spiritual awakening. Part of our spiritual awakening may involve being of service to our fellowship. It is through service to Narcotics Anonymous that we begin to understand our Traditions.

Gradually, we learn we can use the Traditions in our everyday lives. The Traditions have much to teach us about simply getting along with one another. When we practice the principles of our Traditions in dealing with all people, our lives become more manageable.

This pamphlet represents the collective experience of a group of addicts trying to "practice these principles in all our affairs." We would like to share our experience with you.

**TRADITION ONE: "Our common welfare should come first; personal recovery depends upon NA unity."**

Our personal recovery begins with an admission that we can no longer make it on our own. We come to recognize that our survival now depends on being part of a fellowship of recovering addicts. We begin to see how each of us is part of a greater whole, both in and outside the fellowship. The focus of our lives shifts from "me" and "mine" to "us" and "ours".

As we experience sharing and caring for other people, our wall of isolation and false self-sufficiency crumbles. We find strength, hope and fulfillment in acknowledging our interdependence. Growing spiritually, we no longer base our actions on purely selfish motives. Our choices reflect the greater interest we take in the welfare of those around us.

Read the chapter in THE BASIC TEXT for the first tradition.  
Read the chapter in IT WORKS HOW & WHY on the first tradition.  
Write answers to the following:

1. What does this tradition mean to you?
2. What does this tradition mean to NA?
3. What is unity?
4. How is unity the practical foundation of our traditions?
5. Should we place "our common welfare" before our personal welfare? If so why?
6. What are some of the common causes of disunity?
7. How do you fit into NA unity?
8. How does personal recovery depend on NA unity?
9. What are some of the benefits we receive from living this tradition?
10. The spiritual principles of this tradition are acceptance, surrender, and honesty. Define in your own words the spiritual principles in this tradition. Look up and write the definition from the dictionary.

