**Twelve Steps and Twelve Traditions Review**

This wee gem holds the 24 basic principles of AA. Affectionately referred to as the 12 and 12. The last 12 principles, the 12 traditions are often overlooked.

Have you ever wondered how the organisation that has given us a new lease on life, (given it holds no legal standing, where no one person can tell another what to do), holds its unity? It is, of course, the Traditions.

The traditions were first published in the April 1946 Grapevine under the title 12 points to assure our future. They were formally adopted at AA's first international convention in 1950.

Page 140 says that, initially, the only person who could be admitted to AA was a pure alcoholic. This excluded asylum inmates, prisoners, and fallen women (that's me out). Therefore, we are grateful for Tradition Three which states:

“The only requirement for AA membership is a desire to stop drinking”.

Get your hands on a copy to discover more insights into our traditions.

The 12 x 12 is available in hard or soft cover and a large print version.

It is definitely worth a read.

*Written by A.A. members*