

Al-Anon Principles



Al-Anon's logo is a triangle with a circle inside. The three legacies include: Recovery through the Steps, Unity through the Traditions and Service through acceptance of the Concepts. All three sides are necessary for the triangle to remain a triangle, just as a three legged stool needs all three legs in order to stand.

12 Steps

1. Acceptance
2. Hope
3. Faith
4. Honesty
5. Humility
6. Sincerity
7. Willingness
8. Courage
9. Charity
10. Vigilance
11. Serenity
12. Action (Service)

The Steps help us learn to love ourselves, trust our higher power and begin to heal our relationships with others.

12 Traditions

1. Unity
2. Direction
3. Recovery
4. Understanding
5. Sharing
6. Simplicity
7. Independence
8. Selflessness
9. Service
10. Survival
11. Self-Restraint
12. Humility

The Traditions show us how to build relationships within our groups, among our friends and in our relationships with others

12 Concepts

1. Responsibility
2. Reliance
3. Trust
4. Belonging
5. Consideration
6. Realism
7. Balance
8. Consistency
9. Vision
10. Clarity
11. Respect
12. Spirituality

The Concepts help us extend all that we learn to the world at large-our families, jobs, organizations and communities.

12 Gifts

1. Maturity
2. Growth
3. Self Discovery
4. Perception
5. Fortitude
6. Self Confidence
7. Faith
8. Stability
9. Self Knowledge
10. Grace
11. Dignity
12. Contentment

The gifts come as we work the program in our own way and pace, One Day at a Time!

Slogans

Breathe
Easy Does It
First Things First
How Important is it?
Just for Today
Keep an Open mind
Keep Coming Back
Keep it Simple
Let Go and Let God
Let it Begin with Me
Listen and Learn
Live and let Live
One Day at a Time
Principles above Personalities.
Progress not Perfection.
Think.
This too Shall Pass.
Together We Can Make It.

Other Principles

Three A's
Awareness
Acceptance
Action
Three C's
I didn't cause it
I can't control it
I can't cure it
HALT - Don't Get too
H-Hungry
A-Angry
L-Lonely
T-Tired
Changed Attitudes
Can Aid Recovery!
Detach and keep the focus on yourself.
Forgive or Relive.
Feelings are not facts.

More Principles

Three G's
Get off their back
Get out of their way
Get on with your life
QTIP
Q-Quit
T-Taking
I-It
P-Personally
THINK-Is it
T-Thoughtful
H-Honest
I-Intelligent
N-Necessary
K-Kind
Faith Replaces Fear.
Expectations are premeditated resentments.