



Portland Al-Anon Information Service & Literature Depot

The Twelve Traditions

Consider adding a new title of Conference Approved Literature to your personal collection!

All these titles (and more!) are available from the Portland AIS.

The Twelve Steps and Traditions (P-17) This pamphlet briefly explains each Step and each Tradition. Also includes the "Three Obstacles to Success in Al-Anon".

Twelve Steps and Twelve Traditions for Alateen (P-18) This pamphlet is relevant for members of any age. This is a great topic guide for meetings. Includes a description of each Step and Tradition, as well as personal reflections and questions for discussion.

Al-Anon's Twelve Traditions Illustrated (P-60) This pamphlet features an explanation of each Tradition along with a memorable illustration.

Conflict Resolution using our Twelve Traditions (S-72) This set of twelve laminated 3x5 cards features a brief explanation of each Tradition, with discussion questions for each Tradition. Great resource to lead a meeting on any Tradition.

When I Got Busy, I Got Better (P-78) This booklet explores how Service and Unity can enhance our Recovery. The main section, "In Giving, We Receive" emphasizes Service. This is followed by "Our Common Welfare: Reaching Out to Others," which addresses the importance of Unity. Describes each Tradition.

Reaching for Personal Freedom (P-92) Living the Legacies. A workbook for using Al-Anon's Twelve Steps, Traditions, and Concepts of Service in one's personal life. Each chapter begins with a brief introduction followed by personal stories of how members have applied each Legacy to their personal lives. Questions address each personal story.

Paths to Recovery (B-24) This is a thorough study guide for our Legacies, with an in-depth chapter for each Step, Tradition and Concept of Service. Each chapter includes an explanatory section followed by personal stories and questions for reflection/discussion. The companion ***Paths to Recovery Workbook*** (P-93) contains the questions from the book with spaces to write the answers.

Al-Anon's Twelve Steps and Twelve Traditions (B-8) This book has a chapter for each Step and Tradition. Each chapter includes a description/explanation, followed by a "Thinking it Over" section, plus a personal story submitted by a member.

How Al-Anon Works for Families and Friends of Alcoholics (B-32) This book explores many Al-Anon basics, including the Steps, the Traditions, slogans, detachment, and more.

Why Conference Approved Literature? (P-35) Tradition One. This pamphlet explains how use of Conference Approved Literature supports our Unity.

Purpose and Suggestions (P-13) Tradition Five. This pamphlet explains our purpose, and how it is achieved. “Each Al-Anon Family Group has one purpose: to help families and friends of alcoholics.”

Seventh Tradition (S-21) This pamphlet explains what it means for every group to be self-supporting.

Al-Anon Spoken Here (P-53) Tradition Ten. This pamphlet explains the importance of avoiding outside issues, and keeping the focus on Al-Anon principles.

The Al-Anon Focus (P-45, \$0.30) Tradition Ten. Describes how those members who are also recovering alcoholics can benefit from maintaining an Al-Anon Focus, while attending Al-Anon.

Al-Anon Focus / Declaration Table Card (S-24) Tradition Ten. One side of this tent card reminds members to leave outside issues – outside. The other side contains the Al-Anon Declaration: “Let It Begin with Me ...”

Attracting and Cooperating (S-40) Traditions Three and Eleven. This pamphlet explores Step 12 (Carrying the Message) with respect to the 3rd and 11th Traditions. Explains the difference between Attraction and Promotion. Also explores the difference between Cooperation and Affiliation.

Why Anonymity in Al-Anon? (P-33) Traditions Eleven and Twelve. This pamphlet addresses the importance of anonymity, both as a spiritual principle, and as a practical matter.

Anonymity Table Card (S-9) Traditions Eleven and Twelve. The “Whom you see here ...” tent card reminds members of the importance of confidentiality and anonymity.

When you buy from the Portland AIS, you support our local services.

Contact anytime via e-mail ais@al-anonportlandoregon.org

July 2023 Adapted from Indianapolis Information Service & Literature Depot