

Principles

Alcoholics Anonymous

Page 14 My friend had emphasized the absolute necessity of demonstrating these principles in all my affairs.

Page 19 A much more important demonstration of our principles lies before us in our respective homes, occupations and affairs.

42 Quite as important was the discovery that spiritual principles would solve all my problems.

47 That was great news to us, for we had assumed we could not make use of spiritual principles unless we accepted many things on faith which seemed difficult to believe.

60 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints.

The principles we have set down are guides to progress.

64 We listed people, institutions or principles with whom we were angry. We asked ourselves why we were angry.

79 Although these reparations take innumerable forms, there are some general principles which we find guiding.

87 If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing.

93 The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual principles.

When dealing with such a person, you had better use everyday language to describe spiritual principles.

94 We are dealing only with general principles common to most denominations.

97 Should they accept and practice spiritual principles, there is a much better chance that the head of the family will recover.

98 When your prospect has made such reparation as he can to his family, and has thoroughly explained to them the new principles by which he is living, he should proceed to put those principles into action at home.

111 The first principle of success is that you should never be angry.

112 If you act upon these principles, your husband may stop or moderate.

116 As our husbands began to apply spiritual principles in their lives, we began to see the desirability of doing so too.

Now we try to put spiritual principles to work in every department of our lives.

125 Another principle we observe carefully is that we do not relate intimate experiences of another person unless we are sure he would approve.

128 Giving, rather than getting, will become the guiding principle

130 Whether the family has spiritual convictions or not, they may do well to examine the principles by which the alcoholic member is trying to live.

139 Without much ado, he accepted the principles and procedure that had helped us.

156 The use of spiritual principles in such cases was not so well understood as it is now.

570 There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation.”

64 Spiritual malady

From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically.

Twelve Steps and Twelve Traditions

Forward Pg. 15

It presents an explicit view of the principles by which A.A. members recover and by which their Society functions.

A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.

How can a set of traditional principles, having no legal force at all, hold the Fellowship of Alcoholics Anonymous in unity and effectiveness? 16

The basic principles of A.A., as they are known today, were borrowed mainly from the fields of religion and medicine, though some ideas upon which success finally depended were the result of noting the behavior and needs of the fellowship itself. 16

It is hoped that this volume will afford all who read it a close-up view of the principles and forces which have made Alcoholics Anonymous what it is. 18

But a few did, and when these laid hold of A.A. principles, they almost invariably got well. 22

Time after time, my instructors held up to me the basic principle of all scientific progress: search and research, again and again, always with an open mind. 26

When world war II broke out, this spiritual principle had its first major test. 38

All of the Twelve Steps require sustained and personal exertion to conform to their principles and so, we trust, to God's will. 40

To those having religious training, such list would set forth serious violations of moral principles. 48

Did I have such unprincipled ambition that I double-crossed and undercut my associates? 51

But today religion is by no means the sole advocate of this saving principle. 56

Indeed, the attainment of greater humility is the foundation principle of each of A.A.s Twelve Steps. 70

Many a razor-edged question can arise in other departments of life where this same principle is involved. 86

Although all inventories are alike in principle, the time factor does distinguish one from another. 89

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs." 106

Yet we knew we had to make a settlement with the fundamental principle of Step Six. 108

Now comes the biggest question yet. What about the practice of these principles in *all* our affairs? 111

Our basic troubles are the same as everyone else's, but when an honest effort is made, "to practice these principles in all our affairs," well-grounded A.A.'s seem to have the ability, by God's grace, to take these troubles in stride and turn them into demonstrations of faith. 114

Understanding is the key to right principles and attitudes, and right action is the key to good living; therefore the joy of good living is the theme of A.A. Twelfth Step. 125

The A.A. member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. 130

As we had once struggled and prayed for individual recovery, just so earnestly did we commence to quest for the principles through which A.A. itself might survive. 131

What are these facts of A.A. life which brought us to this apparently impractical principle? 132

A few hemorrhage so badly that — drained of all A.A. spirit and principle — they get drunk. 135

When A.A. was only three years old, an event occurred demonstrating this principle. 136

To establish this principle of membership took years of harrowing experience. 139

We saw that the group, exactly like the individual, must eventually conform to whatever tested principles would guarantee survival. We had discovered that there was perfect safety in the process of trial and error. 146

The very life of our Fellowship requires the preservation of this principle. 150

Years ago this principle of "no endorsement" was put to a vital test. 157

This principle is telling evidence of the profound change that A.A. has wrought in all of us. 160

They declared for the principle that A.A. must always stay poor. Bare running expenses plus a prudent reserve would henceforth be the Foundation's financial policy. 165

At that moment, we believe, the principle of corporate poverty was firmly and finally embedded in A.A. tradition. 165

True, some of the projects to which A.A.'s have attached themselves have been ill-conceived, but that makes not the slightest difference with the principle involved. 171

His drunkenness and dissolution are not penalties inflicted by people in authority; they result from his personal disobedience to spiritual principles. The same threat applies to the group itself. 174

So we of A.A. do obey spiritual principles, first because we must, and ultimately because we love the kind of life such obedience brings. Great suffering and great love are A.A.'s disciplinarians; we need no others. 174

We found that we had to rely upon the principle of attraction rather than promotion. 181

Here was something rare in the world — a society which said it wished to publicize its principles and its work, but not its individual members. 182

With perfectly good intent, these folks declared that the principle of anonymity was horse-and-buggy stuff, something appropriate to A.A.'s pioneering days. 182

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.” 184

Here, principles would have to come before personalities, without exception. 187

Twelve — And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are to practice a genuine humility. 192