

Tradition III

SHORT FORM: 'THE ONLY REQUIREMENT FOR AA MEMBERSHIP IS A DESIRE TO STOP DRINKING.'

LONG FORM: 'OUR MEMBERSHIP OUGHT TO INCLUDE ALL WHO SUFFER FROM ALCOHOLISM. HENCE WE MAY REFUSE NONE WHO WISH TO RECOVER. NOR OUGHT AA MEMBERSHIP EVER DEPEND UPON MONEY OR CONFORMITY. ANY TWO OR THREE ALCOHOLICS GATHERED TOGETHER FOR SOBRIETY MAY CALL THEMSELVES AN AA GROUP, PROVIDED THAT, AS A GROUP, THEY HAVE NO OTHER AFFILIATION.'

Make a list of areas of your life, e.g.

Home
Work
AA
Friends
Other

Ask, with each of these areas (where relevant):

- Do I fully welcome everyone who states a desire to stop drinking into AA, regardless of other difficulties, differences, or personal disagreeability?
- Do I treat each such person as an equal member of AA, with full rights of participation, or do I erect barriers or impose limitations, overtly or subtly?
- If I am intolerant, what am I scared of?
- Do I have any requirements of AA other than it keep me sober?
- Do I try to use AA for purposes other than to stay sober and help other alcoholics?
- Does my AA group have any other affiliation or purpose, either overtly or subtly?
- Do I have any requirements of others, myself, life, the world, or God—rules that must be obeyed for me to be OK?
- Do I manipulate, bully, or punish others to have those requirements met and those rules obeyed?
- Do I bully or punish myself to have those requirements met and those rules obeyed?
- Is sobriety sufficient as an end in itself, or do I demand rewards?
- Do I comply with others' requirements and rules to gain their approval / avoid their disapproval—am I a people-pleaser rather than a God-pleaser?
- Do I withhold love pending conditions being met?
- Do I love at a price—do I give to get?

With each question, ask: (1) What is going on? (2) Where am I at fault? (3) What is my corrective measure?

Tradition III ideas:

Trusting God means letting God give us what is due to us instead of presenting Christmas lists to ourselves, others, life, the world, and God.

Dropping all demands reveals all that comes to us to be what it really is: miraculous gifts, by-products of sobriety.

If I am resentful or frightened, I have a plan that has been or will be thwarted. That means I am playing God.

If I have trouble with others, I have forgotten who I am: God's child. If that relationship is restored, so are all others:

- Drop all purposes except sobriety.
- Rely on God's bounty, direction, and strength.
- Ask for knowledge of His will for me.

Don't be a people-pleaser; be a God-pleaser. There's only one of Him.

'For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me.' (LOTH, 123:1)

'Offering love to others regardless of the return to me.' (LOTH, 238:2)

'This seems to me to be the primary healing circuit: an outgoing love of God's creation and his people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralysing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.' (LOTH, 238:3)

'He well knows that his happiness is a by-product—the extra dividend of giving without any demand for a return.' (LOTH, 238:4)

Tradition III quotations (12 x 12)

'After all, isn't fear the true basis of intolerance?'

'Why did we dare to say, contrary to the experience of society and government everywhere, that we would neither punish nor deprive any AA of membership, that we must never compel anyone to pay anything, believe anything, or conform to anything?'

' "What would the Master do?" '

'... any alcoholic is a member of our Society when he says so ...'