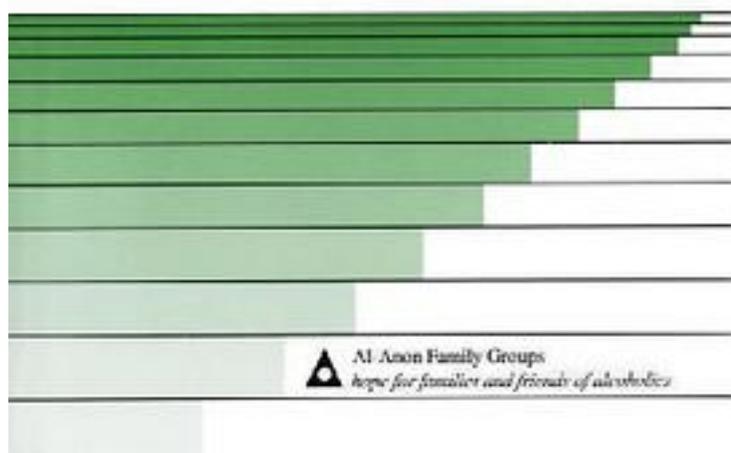


Al-Anons Twelve Steps & Twelve Traditions

Al-Anon's Twelve Steps & Twelve Traditions

REVISED



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It all began with the wives of early AA members who realized their own need for change. They came together while their husbands were at meetings, and as they waited, talked over their own difficulties and tried to help each other find solutions. In helping each other, they tried to apply AA's Twelve Steps to their own lives, each group making whatever changes it felt was necessary. By 1950, some 87 groups and individuals had asked AA for listing in its directory. These requests were referred to Lois, the wife of AA's co-founder, who became the co-founder of the A1-Anon Family Groups. Lois and her friends set about unifying these groups and providing them with guidance and service.

It was soon apparent that there would have to be a program with which all groups were in agreement. The adaptation of AA's Steps in final form came about after a number of these scattered groups had been brought together as a unified fellowship under the name of "A1-Anon Family Groups." Thus, A1-Anon was born of a real need for sharing.

Although we were far too young and inexperienced as a fellowship to have established any Traditions of our own, we knew our unity depended upon living by some such guideline. Then the AA Traditions, also amended to fit the needs of A1-Anon, became part of the program.

In the early years, the only source of help for children affected by the drinking of others, was to attend A1-Anon and AA meetings. It was at these meetings with their parents that they learned about alcoholism and its effects on the family.

In 1957, a high school boy in California felt the need to talk

with others who could identify with his sharing. Out of this need, other A1-Anon Family Groups were created and called "Alateen." As an integral part of Al-Anon, Alateen members follow the same program.

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