

TRADITIONS INVENTORY FOR INDIVIDUAL MEMBERS

1. UNITY Have I learned that by myself I can't but "together we can?"
2. TRUST – Do I want to have control and be the sole director of the show?
Can I trust that the "ultimate authority" (a loving God) can be found in our group conscience?
3. IDENTITY/INDIVIDUALITY – Do I feel I have the right to judge who should or should not be a member of my group? Do I believe everyone deserves to be heard?
4. AUTONOMY –Do I want to be the only person who is allowed to be autonomous? Do I care how my words and actions affect others?
5. PURPOSE – Do I feel "primary" purposes are unimportant? Should OA also be a social group? a therapy club? Should we be allowed to make donations to Haiti?
6. SOLIDARITY – What diverts me from my own and/or the group's primary purpose? Is it Money (financial insecurity)? Property (material possessions)? Prestige (power and control)? All three?
7. RESPONSIBILITY – Do I want to be self-supporting or do I want others to do everything for me?
8. FELLOWSHIP- Do I consider myself to be an expert on OA. or am I content to be one of many? Do I think I should be paid for my services?
9. STRUCTURE – Am I willing to serve the group rather than having the group serve me?
(The upside down triangle)
Can I let go of a service position when my time is up?
10. NEUTRALITY – Am I a troublemaker? Do I want to talk about things that stir up controversy and take my group off-purpose?
11. ANONYMITY – Do I prefer promoting to attracting? Do I want to be the OA poster child? Can I walk the walk quietly? Can I keep confidences?
12. SPIRITUALITY – Do I allow spiritual principles or individual personalities to dominate my life? Do I seek out the divinity in everyone I meet?