

THE TRADITIONS AT WORK IN A MARRIAGE*

“I now base my marriage on what I learned about the Traditions of our program. I learned about Unity (Tradition 1), Trust (Tradition 2) and who I am in this marriage (Tradition 3/ Identity/Individuality). Each person in my family is his or her own person (Tradition 4/ Autonomy) except when it affects our family as a whole. It is my responsibility to keep my side of the street clean (Tradition 7/Responsibility), remember my primary purpose (Tradition 5/Purpose) and financial responsibilities (Tradition 6/Solidarity and Tradition 7/ Responsibility), recognize this as a partnership (Tradition 8/Fellowship and Tradition 9/ Structure), respect each other’s thoughts (Tradition 3/Individuality) and remember I don’t always have to be right (Tradition 1/ Unity). What we say here stays here, and let there be no gossip or criticism of each other (Tradition 11/Anonymity and Tradition 10/Neutrality) This is a relationship and we place principles before personalities (Tradition 12/ Spirituality). Above all I have learned to trust my husband and communicate with him.(Tradition 2/Trust) He is not out to get me or prove me wrong. (Tradition 1/ Unity and Tradition 1/Trust)

Today my life is as it is only because of the Twelve Steps and Twelve Traditions of this program and the fellowship of people who loved me when I did not feel lovable. What my disease took from me, the OA fellowship and the God of my understanding gave back to me.

*Excerpted from NEW EYES by J. (Lifeline, September, 2005)