

1 **NARCOTICS ANONYMOUS GUIDE TO THE TWELVE TRADITIONS**

2 "We keep what we have only with vigilance, and just as freedom for the individual comes
3 from the Twelve Steps so freedom for the group springs from our Traditions. As long as the ties
4 that bind us together are stronger than those that will tear us apart, all will be well. Understanding
5 these Traditions comes slowly over a period of time. We pick up information as we talk to
6 members and visit various groups. It usually isn't until we get involved with service that someone
7 points out that personal recovery depends on N.A. unity, and that unity depends on how well we
8 follow our Traditions. The Twelve Traditions of N.A. are not negotiable. They are the guidelines
9 that keep our Fellowship alive and free."

10 "By following these guidelines in our dealings with others, and society at large, we avoid
11 many problems. That is not to say that our Traditions eliminate all problems. We still have to
12 face difficulties as they arise: communication problems, differences of opinion, internal
13 controversies, and troubles with individuals and groups outside the Fellowship. However, when
14 we apply these principles, we avoid some of the pitfalls. Many of our problems are like those that
15 our predecessors had to face. Their hard won experience gave birth to the Traditions, and our own
16 experience has shown that these principles are just as valid today as they were when these
17 Traditions were formulated. Our Traditions protect us from the internal and external forces that
18 could destroy us. They are truly the ties that bind us together. It is only through understanding
19 and application that they work."

20 It is very important that we understand and abide by our Traditions. The very survival of
21 our Fellowship is at stake. By these principles we are committed to one another, not only to those
22 addicts who are here but those yet to come. The Traditions were built upon anonymity, the
23 spiritual foundation from which we grow. Applying the Traditions is an obligation to us all.
24 Despite our personal views or feelings, we must keep our Traditions first. This guide is designed