

## MEDICATION-ASSISTED RECOVERY ANONYMOUS® THE TWELVE TRADITIONS

1. As a group, we should help each other to maintain our common welfare; our recovery may depend upon our unity.
2. Our leaders are but trusted servants; they do not govern. We follow our group conscience so long as it does not interfere with MARA's purpose as a whole.
3. The only requirement for MARA membership is a desire to live a safe lifestyle.
4. Each group should be autonomous except in matters affecting other groups or MARA as a whole.
5. Each group has the responsibility to let members know that if they are trying to live a safe lifestyle, they are in Recovery.
6. A MARA group should not allow money, property, or prestige divert us from our primary purpose.
7. Every MARA group should aim to be fully self-supporting, achieving a goal of declining outside contributions.
8. Medication-Assisted Recovery Anonymous should remain non-professional. We may employ workers in areas which provide us services.
9. MARA should be organized to the least extent possible, though we aim for continuity in MARA meetings so that ALL meetings are recognizably MARA regardless of where they are held.
10. Medication-Assisted Recovery Anonymous has no opinion on outside issues, hence the MARA name need never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and the internet.
12. Anonymity is the underlying principle of all our traditions, reminding us to respect Members' privacy and the importance of keeping principles before personalities.

*While the Twelve Steps and Twelve Traditions of Medication-Assisted Recovery Anonymous® (MARA) were inspired by A.A.'s Twelve Steps and Twelve Traditions; they are not an adaptation rather they were created specifically for this organization and should not be construed otherwise. A.A. is a program concerned only with the recovery of alcoholism and is not in any way affiliated with this fellowship.*