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## Please Share in Writing on S.L.A.A.'s 12 STEPS AND 12 TRADITIONS

The Conference Steps and Traditions Committee (CS&TC) is working on a new book: "The 12 Steps and 12 Traditions of S.L.A.A." The book will provide tools and support for S.L.A.A. members to get sober, stay sober, and live in recovery and will give S.L.A.A. meetings a basis for studying the Steps and Traditions as they apply in S.L.A.A. We need your written experience, strength, and hope. Our goal is to represent the full range of S.L.A.A. experience with the Steps and Traditions. *Your share is important.*

### Steps:

- Write about any or all of the following:
  - How you worked (or work) the Step
  - What the Step has meant for you
  - How the Step has helped you to stay sober
  - A personal story that conveys your experience with the Step
  - Your understanding of the Step
  - Ways you help a sponsee work the Step
- Please focus on one Step at a time. Write about as many Steps as you want. Write as much or as little as you wish.

### Traditions:

- Write about any or all of the following:
  - How you have put the Tradition into practice in S.L.A.A.
  - Your understanding of the importance of the Tradition for S.L.A.A.
  - A story that illustrates the importance of the Tradition, or how you have seen it applied in S.L.A.A.
  - How the Tradition helps you in your recovery and/or in your life
- Please focus on one Tradition at a time. Write about as many Traditions as you want. Write as much or as little as you wish.

### General Guidelines:

- Share your own experience, strength and hope, focusing on your own perspective. Write in the first person singular – "I." Please avoid the use of the pronoun "you."
- Remembering our primary purpose and our 12 Traditions, please focus on the S.L.A.A. message. Avoid generalities, outside issues, treatment center language, and religious philosophy or doctrine. S.L.A.A. members in other Twelve Step programs are asked to write only of their experience in the S.L.A.A. program.
- Not all sharing sheets may be used. If your sharing sheet is used, it may be edited for length, grammar and/or explicit or offensive language. To the greatest extent possible we will try to preserve the spirit and intent of your submission.
- If printed, your sharing will remain anonymous. In order to communicate with you about your sharing sheet, we will need your name and either address, phone number, or email. This contact information is not mandatory, but if we have questions about your share and can't contact you to clarify them, we may not be able to use your sharing sheet.

**To submit your sharing sheet by mail,  
please follow the instructions on the back  
of this sheet.**

**If you prefer to submit your sharing sheet  
electronically, please go to  
[www.slaafws.org/submit1212](http://www.slaafws.org/submit1212) and follow the  
instructions there.**

