

The 12-Traditions

1. Our common welfare should come first; personal recovery depends upon LAA unity.
2. For our group purpose, there is but one ultimate authority—a loving Higher Power as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in LAA is a desire to recover from love addiction.
4. Each group should remain autonomous except in matters affecting other groups or LAA as a whole.
5. Each group has but one primary purpose—to carry the message of recovery to those who still suffer.
6. A LAA group ought never endorse, finance, or lend the LAA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose aim.
7. A LAA group ought to be fully self-supporting, declining outside contributions.
8. Love Addicts Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. LAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. LAA has no opinion on outside issues; hence the LAA name ought 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 public level.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.