

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. However, we should listen to our group conscience so long as it doesn't 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 can run their meetings however they see fit, provided it doesn't have an effect on MARA's mission of non-judgement recovery.
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 nonprofessional. We may employ workers in areas which provide us services.
9. MARA should be organized to the least extent possible, so our mission may be successful without controversy.
10. Medication-Assisted Recovery Anonymous should be careful as to voicing our opinions, for it may cause us to be resentful at those who judge us.
11. When it comes to public relations, including social and commercial media, we should demonstrate an attitude of compassion as a way of helping others to see the many benefits of non-judgement.
12. We should respect the anonymity of other MARA members, reminding us that we respect one another's privacy.

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.