

The Twelve Traditions of Double Trouble in Recovery

1. Our common welfare should come first; personal recovery depends on DTR unity.
2. For our group purpose, there is but one ultimate authority - a loving God, as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for DTR membership is a desire to stop drinking and drugging, and to work on one's mental health.
4. Each group should be autonomous except in matters affecting other groups or DTR as a whole.
5. Each group has but one primary purpose - to carry its message to the dually-diagnosed person who still suffers.
6. A DTR group ought never endorse, finance or lend the DTR name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every DTR group ought to be self-supporting, declining outside contributions.
8. Double Trouble in Recovery should remain forever non-professional, but our service centers may employ special workers.
9. DTR, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Double Trouble in Recovery has no opinion on outside issues; hence the DTR name ought never be drawn into public controversy.
11. Our public relations is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.