🌸 The 12 Traditions of DEP-ANON

Just as the Steps guide personal healing, the Traditions help us grow together in fellowship. They offer spiritual principles for how we relate to one another, protect group integrity, and honor shared service.

(Adapted from the original Twelve Traditions of Alcoholics Anonymous)

1. Our common welfare should come first; personal recovery depends upon DEP-ANON unity.
2. For our group purpose there is but one ultimate authority—a loving God who may express itself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for DEP-ANON membership is that you have a loved one who is suffering from depression.
4. Each group should be autonomous except in matters affecting the DEP-ANON group or DEP-ANON as a whole.
5. Each group has but one primary purpose—to support members who have loved ones who are depressed. We do this using the 12 Steps of DEP-ANON and inform ourselves of the nature of depression while focusing on our own physical, emotional, spiritual and mental wellbeing.
6. A DEP-ANON group ought never endorse, finance, or lend the DEP-ANON name to any related facility or outside enterprise, lest the problems of money, property, and prestige divert us from our primary purpose.
7. Every DEP-ANON group ought to be fully self-supporting, declining outside contributions.
8. DEP-ANON should remain forever non-professional, but our service centers may employ special workers.
9. DEP-ANON, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. DEP-ANON has no opinion on outside issues; hence the DEP-ANON 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 level of press, radio, films, and internet.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.