

The 12 Traditions

Tradition 1 – Unity

Our common bond is PTSD and the desire for healing. Our group exists to support recovery through fellowship, mutual respect, and shared experience.

Tradition 2 – Primary Purpose

Our primary purpose is to help those with PTSD recover and to offer hope and support to those who still suffer, through sharing experience, strength, and coping strategies.

Tradition 3 – Group Autonomy

Each group is autonomous except in matters that affect other groups or the fellowship as a whole. We make decisions collaboratively to best serve members' recovery.

Tradition 4 – Non-Affiliation

The PTSD Recovery Fellowship does not endorse any outside organization, political cause, or religious belief. Our focus is solely on PTSD recovery.

Tradition 5 – Primary Purpose Funding

Our fellowship is self-supporting through voluntary contributions from members. We do not accept external donations that could compromise our independence or mission.

Tradition 6 – Non-Professional Membership

The fellowship is a community of peers. We are not therapists, medical professionals, or crisis counselors, though we may encourage members to seek professional help when needed.

Tradition 7 – Self-Support

We remain financially and operationally self-supporting through member contributions, ensuring meetings and resources are available without outside influence.

Tradition 8 – Anonymity

Anonymity is the spiritual foundation of our fellowship, reminding us to place principles above personalities. What is shared in the group stays confidential.

Tradition 9 – Rotation of Responsibility

Leadership and facilitation are rotated among members. No one member controls the group; service is shared to maintain equality and participation.

Tradition 10 – No Public Endorsement

Our group does not take part in public controversies. We avoid promoting causes outside PTSD recovery and focus only on helping members.

Tradition 11 – Attraction through Example

Our public relations focus on example, not promotion. We demonstrate recovery, hope, and fellowship, allowing our message to reach those who need it naturally.

Tradition 12 – Spiritual Foundation

Anonymity and mutual support remind us to put recovery first. We carry the message of hope to other veterans and first responders, practicing humility and service in all we do.