

## TWELVE TRAITS

*Before recovery and seeking a solution in A.R.T.S. Anonymous, these were some of the common traits many of us experience or experienced.*

1. We grew up in an atmosphere of invalidation which resulted in ambivalence about our artistic expression.
2. In any given 24-hour period we found ways, consciously or unconsciously, to avoid doing that which gave us the most joy – expressing our creativity.
3. We withdrew from our art by investing ourselves in lifestyles, relationships and work activities incompatible with our artistic purpose. Our creative energy was often diverted into destructive compulsions.
4. We made needless sacrifices for our art and yet were afraid to make the necessary sacrifices. We were unable to balance the significant areas of our lives – Physical, Financial, Social, Love, Family, Spiritual and Creative.
5. Self-defeating thoughts and societal myths turned in our heads: It's too late – I'm too old – I'm not ready – I am not enough – Art is not practical – Artists are neurotic – You'll starve. We accepted these as true when, in fact, they were not.
6. We felt intimidated by other artists' success. Jealousy, envy, fear, self-pity, perfectionism, resentment and other character defects blocked our creative expression.
7. We stood repeatedly at the edge of a beginning; unable to move forward, avoiding our art, and unable to commit to pursuing or developing our creativity as a means of earning a living. The concept of supporting ourselves through our art seemed overwhelming.
8. We thought of our art as divorced from reality, denying ourselves the right to follow our dreams. We forgot that artists are entitled to their right work and deserve the happiness and success that right work brings.
9. We denied our responsibility to fully develop and realize our talent. We did not feel worthy of the success we achieved or desired. We felt like a fraud.

10. Being multi-talented, we had difficulty discerning our true artistic vision, making a commitment to it and establishing the priorities to fulfill it.
11. We had difficulty following through on projects and frequently sabotaged our efforts. We wanted to work at our art but didn't know how. We became impatient with the process, forgetting that the results come in God's time, not ours. Our time was unmanageable.
12. We were afraid of our creative energy and mistrusted our artistic instincts. Lacking spiritual awareness, we did not see ourselves as channels for the infinite creative process. We did not realize our art is a gift to be shared.

## TWELVE TALENTS *for a GOOD LIFE*

1. In recovery, we are growing in an atmosphere of affirmation and conviction that our artistic expression is essential to our existence and is part of our unique contribution to the world.
2. In recovery, we realize that each new day is an opportunity to express our creativity and have an artistic experience. We know our inspired creative process gives us the joy we deeply desire.
3. In recovery, we invest ourselves in lifestyles, relationships, and work activities that nurture our creativity.
4. In recovery, we immerse ourselves in our art, accepting and enjoying our creativity, finding ways to manage our temptations and diversions. Being true to our inner selves, we strive to maintain a balance in all areas of our lives; nurturing significant relationships to stay professionally involved, socially fulfilled, and lovingly engaged with family and friends.
5. In recovery, we are freed from the self-defeating societal beliefs that play in our heads. We realize that we, as individuals, have something wonderful to contribute and that with the help of our Higher Power we have what it takes to express our art.
6. In recovery, we rejoice in the success of other artists, keeping the focus on our own God-given gifts. We take heart that we too will find fulfillment through our own creativity.

7. In recovery, feeling safe in a newfound courage, we desire to become visible. We put our trust in a higher power and release our art out into the world.
8. As our art becomes more and more real to us, we enthusiastically follow our dreams. We accept that we are entitled to our right work and deserve the happiness and success that right work brings.
9. In recovery, we commit to our art. We open our hearts and minds to all of the wonderful possibilities that our Higher Power has in store for us, including the ability to earn a living by means of our creativity.
10. In recovery, being multi-talented, we explore each of our abilities, taking joy in the fluidity with which we move from one to the other. Each of our abilities is a facet of our true artistic expression and each contributes to the whole. We accept full responsibility for developing and honouring our gifts.
11. In recovery, we are aware that the process is a learning experience. We know that the outcome is in the hands of a Higher Power and may well prove more fruitful than our immediate goal. We take time each day to be thankful that the results come in God's time, not ours. We bless each day that we are given to pursue our art.
12. In recovery, we turn our lives and our art over to our Higher Power, recognizing that without the aid of that Mystic Force, we are lost. Trusting our intuition and artistic instincts, we know that we are channels for the Infinite Creative Process. We offer our art as a gift to be shared.

## A.R.T.S. TOOLS *for RECOVERY*

In addition to working the Twelve Steps, which are fundamental to working the program, we use the A.R.T.S. Tools to build connection with others and bring our art into the realm of reality. These positive disciplines support us in living every day as the artists we are.

**AFFIRMATIONS:** We identify ourselves as the artists we are. “My name is \_\_\_\_\_ and I am a \_\_\_\_\_.” This and other positive statements affirm our commitment and help offset invalidating societal myths, attitudes and beliefs.

**MEETINGS:** We attend meetings to learn how the program works. We share our experience, strength and hope with each other, as well as our art and/or creative process.

**ANONYMITY:** We respect the confidential nature of each member's share. Who and what we see and hear at meetings is not repeated outside the meeting. We also maintain anonymity at the level of press, radio, TV, video, social media and other public forums.

**ACTION GROUPS:** We form mutual support groups of fellowship members to help each other develop action plans and follow through on them.

**ART BUDDY:** An art buddy is another A.R.T.S. member, someone we speak with on a regular basis to turn over what we have done or will do for our art today. Our art buddy may be someone in our field or a different one.

**BOOKENDING:** We bookend by making contact with another member before and after taking action for our art. Expressing our thoughts and feelings clarifies our course of action and helps us to move through the process.

**COMMUNICATING:** We address our feelings of isolation by reaching out to other A.R.T.S. members and sharing between meetings. Communicating with one another helps both artists.

**ACTION PLAN:** This is our personal roadmap for recovery. It includes specific actions to take for the development of our art and ourselves as artists, as well as listing our creative goals. It may also include a plan for realizing our professional aspirations and achieving balance in the significant areas of our lives.

**CREATIVITY INVENTORY:** We take a written inventory of our artistic efforts and accomplishments since childhood.

**LITERATURE:** We use A.R.T.S. literature to learn how a spiritual recovery can remove the blocks to artistic freedom. We use A.A., other Twelve Step Program literature or other inspirational material.

**PRAYERS & MEDITATIONS:** We use prayer and meditation as we seek to become channels for the Infinite Creative Process.

**SERVICE:** A.R.T.S. could not exist without the service of its members. Service expands our commitment to our A.R.T.S. recovery by providing a safe environment

where we practice how to work with others, compromise, be open to the point of view of others, lead and work through problems.

**SPONSORS & SPONSORSHIP:** A Sponsor is an A.R.T.S. member who embodies the recovery you seek and is experienced in working the A.R.T.S. 12-Step program. We can work the Twelve Steps with the help and guidance of a Sponsor through a one-to-one relationship and/or in a group setting. Sponsorship can benefit all concerned.

**5-ALIVE:** We do our art for at least five minutes every day. We nurture our creativity every day. Five minutes a day keeps our art alive. Five alive!

**HONORING THE CREATIVE SELF:** We abstain from behavior, thinking and attitudes that keep us from using our creative energy productively. We appreciate and express the creativity that is both inside and around us, taking time to play and to rest. Members often make commitments to nurture their creativity.

#### **THE TWELVE STEPS of A.R.T.S.**

1. We admitted we were powerless over our creativity-- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him,

praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to artists, and to practice these principles in all our affairs.

#### **TWELVE TRADITIONS of A.R.T.S.**

1. Our common welfare should come first; personal recovery depends upon A.R.T.S. 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 A.R.T.S. membership is a desire to identify and express our creativity.
4. Each group should be autonomous except in matters affecting other groups or A.R.T.S. as a whole.
5. Each group has but one primary purpose – to carry its message to the artist who still suffers.
6. An A.R.T.S. group ought never endorse, finance, or lend the A.R.T.S. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.R.T.S. group ought to be fully self-supporting, declining outside contributions.
8. A.R.T.S. should remain forever nonprofessional, but our service centers may employ special workers.
9. A.R.T.S. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. A.R.T.S. has no opinion on outside issues; hence the A.R.T.S. 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 and film.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

*The Twelve Steps and Twelve Traditions are reprinted with permission of Alcoholics Anonymous World Services, Inc.*

#### **THE TWELVE STEPS of Alcoholics Anonymous**

1. We admitted we were powerless over alcohol -- that our lives had become unmanageable. 2. Came to believe that a Power greater than ourselves could restore us to sanity. 3. Made a decision to turn our will and our lives over to the care of God as we understood Him. 4. Made a searching and fearless moral inventory of ourselves. 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. 6. Were entirely ready to have God remove all these defects of character. 7. Humbly asked Him to remove our shortcomings. 8. Made a list of all persons we had harmed, and became willing to make amends to them all. 9. Made direct amends to such people wherever possible, except when to do so would injure them or others. 10. Continued to take personal inventory and when we were wrong promptly admitted it. 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

#### **THE TWELVE TRADITIONS of Alcoholics Anonymous**

1. Our common welfare should come first; personal recovery depends upon A.A. 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 A.A. membership is a desire to identify and express our creativity. 4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole. 5. Each group has but one primary purpose — to carry its message to the alcoholic who still suffers. 6. An A.A. group ought never endorse, finance, or lend its name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. 7. Every A.A. group ought to be fully self-supporting, declining outside contributions. 8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers. 9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. 10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. 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 and films. 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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**A.R.T.S.**  
ANONYMOUS

Artists Recovering through the Twelve Steps

**Basic  
Pamphlet**