

**The second installment in the continuing series on  
*the traditions in healthy and loving relationships***

The following is what was revealed to us through prayer and meditation and the study of CoDA literature in preparation for presenting a panel discussion on "The Traditions in Healthy and Loving Relationships" for Super Seminar Saturday. As with all things in our program, please *take what you like and leave the rest*.

**TRADITION TWO: For our group purpose there is but one ultimate authority— a loving Higher Power as expressed to our group conscience. Our leaders are but trusted servants; they do not govern.**

**2. For our family, or relationship purpose, there is but one ultimate authority - A loving Higher Power as expressed thru our *informed* family conscience. Each member is God's trusted servant and no one governs.**

**G**od is the boss. God is the one authority and we must somehow learn to subjugate our egos and allow God to do what God does best: guide God's kids. When one partner speaks for the relationship without consulting the other member(s), they take on responsibilities to which they have no claim. Often, one partner is a dominating individual. Sometimes, one partner is very content to allow the other to dominate the relationship. This allows the dominator to feel indispensable and important, and without realizing it, s/he then assumes a managing and controlling attitude. This is especially true when the one being dominated is afraid and may feel that this absolves them of any kind of blame for mistakes or failure. In a situation like this, love can't exist. We must remember that active participation by all members in a relationship is vital to its growth. No partner can assume the position of speaking for the other without first having consulted them. Another word for this, at the very least, is *courtesy*. Usually, most of us find courtesy easily practiced with strangers or those outside of our family/relationships. Yet when we are dealing with the most precious people in our lives, we sometimes leave simple kindness out of our manner.

**Personal story #1:** Tradition Two suggests that we come together as equals -- that's part of my commitment in my relationship. Neither of us is in charge all the time. We seek the will of our collective HP through our group conscience. We take turns leading, and do so in service of the relationship. As an example, when I am dog tired and can't make a decision about what restaurant to go to, or what we should do that evening, I ask my partner to decide. Other times, I choose."

**Personal story #2:** With the *informed* group conscious process we are both equal. No one is either right or wrong. This is true of my marriage today. This was not true of my first husband who was always right. He made all the major decisions in our relationship

and convinced me that I was stupid. This wasn't too hard to do since those were my childhood messages as well. In contrast, my present husband and I discuss issues with respect for each other. Recently my husband had a relapse. We discussed the issue openly and included our Higher Power in the process. We were guided to a solution that included his detox followed by attending an out patient rehab treatment facility. This out patient rehab required one night a week that included the family members. Today I know my Higher Power will lovingly guide me and my partner. I can trust the outcome.

#### CHECKLIST FOR TRADITION TWO:

- Do I insist on being the leader? Do I feel that it is my place to govern? Do I strive for equity?
- Do I take the time to listen to my partner and take the issue to God in prayer and meditation so that we have the possibility of an *informed* group conscience?
- Do I speak for my partner without consulting her/him?
- Do I criticize my partner? Or do I trust her/him?
- Am I absolutely trustworthy? Try this little prayer: **“God, treat me tomorrow the way I treat my partner today.”** Or this one: **“God, help me not to do anything today that I can't tell my partner about tonight.”**
- Is my ego so strong that I must have credit for more than I do? Am I so insecure that I must always have praise for my actions and ideas?
- Do I do my share in the relationship or do I put all or most of the responsibilities on my partner? And is that my opinion or my partner's?
- Does the thought of God being in charge of my relationship cause me any discomfort or do I like and rely on that idea? Do I have any present day agnosticism going on?
- Do I live my life *believing* in a Higher Power or do I live my life **relying** on that Higher Power?
- Do I try to keep an open mind when facing joint decisions?

When my relationships are God-centered rather than self-centered, they are much more successful. When God is the principle and I am God's agent; When God is the Father and I am God's child; When God is my director and I am God's actor; When God is my employer and I am God's employee; When God is the ultimate authority in my relationships, they work for everyone's highest good.