

Tradition Five

The fifth installment in the continuing series on the traditions in healthy 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 on “The Traditions in Healthy and Loving Relationships” for Super Seminar Saturday.

As with all things *take what you like and leave the rest.*

**TRADITION FIVE: Each group has but one primary purpose -
To carry its message to other codependents who still suffer.**

5. A relationship has but one primary purpose - to love each other and to serve as an expression of God's love.

This tradition has to do with our primary purpose and fully understanding what that primary purpose is. Our primary purpose is to express the themes of love, loyalty, family, and unity in all that we do and to share this knowledge freely with others.

Tradition five also asks us to give comfort, encouragement, and understanding to our partner. When one of us does something or says something that is harmful or hurtful, it is often because we are in fear or are unhappy with something about ourselves we aren't able to process or deal with appropriately. We probably could use some compassion from our partner instead of judgment or an angry response. Rather than lashing out, we ask ourselves: “At a time like this, what do I think a loving partner would do?” We then try to do that. If you can't come up with an idea of what you think a loving partner would do, try to find someone that you feel displays those qualities and ask them how to respond. You can take it into prayer and meditation and ask God to allow you to see the other person through God's eyes. How different might your partner appear to you then?

What is our primary purpose in an intimate relationship? I believe it is to carry out our HP's will for our relationship and to be willing to each do our part, as directed by God, to support each others journey.

Anything that detracts from the primary purpose of the relationship is probably NOT good for the relationship. (An outside issue).

I work this tradition by doing a lot of service work. This includes taking meetings to women in jail, sharing in meetings, sponsoring, working on committees, talking to newcomers, etc. Carrying the message enhances my own recovery.

As far as my husband is concerned, he recently had a large slip in his own recovery. I carried the message to him by being an example of my own recovery. My primary purpose is to support him without trying to manage or get into his individual recovery. There were times when I wanted to call his sponsor or one of his friends. Instead, I would suggest that he go to a meeting, and I stress suggest not order. Then I would say a prayer and call my sponsor.

CHECKLIST FOR TRADITION Five:

- Does our relationship have a “primary purpose” and do we know what it is?
- Do my actions support the relationship’s “primary purpose”?
- Do I resort to emotional blackmail? Do I ever start sentences with the phrase, “If you loved me you would...”?
- Do I demand precise equality? And if so, do I monitor my share as closely as I monitor my partner’s? Do I keep score?
- Do I really understand that I have a part in everything and that whenever I am upset, there is something wrong with *me*?
- Do I really understand that all my troubles are of *my own* making?
- Do we express God’s Love in our relationship and do we share it with others?
- How important is liking myself to my relationship? Do I *have* or do I **need** esteem and/or respect?
- Am I a patient and uncritical listener?
- Can I see my partner through God’s eyes or hear my partner through God’s ears?
- Can I hear God’s voice when I am screaming at my partner?

Yours in Service,
Marilyn, Debbe, and Marti