



## HOW IT WORKS

Anonymous Anonymous, a very simple program for *ALL* people, is organized as a Twelve Step Mutual Help Organization (TSMHO).

We work the twelve steps with the help of another person, and attend meetings regularly.

When you enter a meeting, you come as a human. You needn't identify why you are attending, we are all here to work toward being our best selves.

We work together, gather together, and grow together based on our one common bond:

### *Our Humanity*

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ne works through the Twelve Steps, with the help of someone else who has worked the Twelve Steps

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e meet regularly to share our experiences, strength, and hope. We also share that which causes us dis-ease, dis-content, or vexation.

Our program works best when considering the following spiritual principles:

***Honesty, Open-Mindedness, and Willingness.***