Artificial Intelligence (AI) Guidelines for the Fellowship

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Why These Guidelines Exist

Artificial Intelligence (AI) is becoming part of everyday life. Many members already use AI tools at work, at home and in service.

The 2026 General Service Conference recognised that AI may be able to assist the Fellowship in carrying out its primary purpose, while also recognising concerns around anonymity, privacy, accountability and the possible misrepresentation of the AA message.

These guidelines are intended to help members and groups consider the use of AI in a way that remains consistent with AA's Traditions and spiritual principles.

These guidelines apply broadly across the Fellowship, including to those serving the AAGB charity. A separate AAGB policy on AI builds on them and provides additional guardrails and requirements for those serving AAGB and for Fellowship members using systems, services or accounts provided by AAGB.

References

- Artificial Intelligence (AI) Policy for AAGB

- AAGB Structure and Services Handbooks

One Alcoholic Helping Another

The heart of Alcoholics Anonymous is one alcoholic talking to another. No technology can replace the sharing of experience, strength and hope that takes place between AA members.

AI is not a member of AA. It has no personal experience of alcoholism, recovery, sponsorship or service and cannot truly empathise with or understand alcoholism. It cannot act as a sponsor or take a member through the Twelve Steps, or replace the shared experience of another alcoholic in recovery.

While AI may be useful for informational or administrative tasks, members are encouraged to rely on the human experience found within the rooms of AA for emotional support and step work.

Using AI in Service

Many members may find AI useful in service activities. It may help draft reports, prepare flyers, improve spelling and grammar, organise information or support public information work.

AI may assist with administrative, research or drafting tasks, but it should never replace an informed AA group conscience or act as a proxy for Fellowship decision-making. Decisions within groups, intergroups, regions, service committees and Conference should be based on discussion, participation and the collective conscience of AA members. AI should therefore not be used to formulate or answer Conference questions on behalf of members or service bodies.

Used sensibly, AI can support trusted servants in carrying out administrative tasks more efficiently. As with any tool, members remain responsible for what they produce and share.

Examples of Appropriate and Inappropriate Use

Appropriate Uses

- Drafting service reports.
- Improving spelling, grammar and readability.
- Summarising publicly available AAGB documents.
- Preparing agendas or administrative correspondence.
- Creating accessible versions of service material.

Inappropriate Uses

- Acting as a sponsor.
- Replacing group conscience or service discussions.
- Answering Conference questions on behalf of groups or members.
- Presenting AI-generated content as AA literature.
- Entering confidential member information into public AI systems.
- Making decisions on Fellowship matters without human discussion and responsibility.

Recommended AI Usage and Data Security

When using AI in service, members are encouraged to consider the sensitivity of the information and the privacy arrangements of the tool being used. Where an AA-managed account and an appropriate organisational AI service is available, experience suggests using them for service work.

Members using personal accounts or consumer AI services should avoid entering personal, sensitive or confidential information. Those carrying out work on behalf of AAGB should also follow the separate Artificial Intelligence (AI) Policy for AAGB.

Protecting Anonymity

Members should exercise caution when using AI systems and avoid sharing information that may identify another member.

This includes names, contact details, sponsorship correspondence, Twelfth Step information and any other information shared in confidence. If there is any doubt, it is usually better not to enter the information into an AI system.

Literature and AA Experience

Conference-approved literature remains the collective experience of the Fellowship.

When using AI to research AA topics or prepare service material, members should prioritise AAGB Conference-approved literature and AAGB service material. AI systems often draw upon information from international AA sources, where the service structure, governance and Conference processes differ from those used within AAGB.

Material generated by AI should not be presented as AA literature, Conference-approved literature or official AA guidance. Similarly, AI-generated content should not be mistaken for shared Fellowship experience.

The experience of AA members comes from alcoholics who have lived the programme and shared their recovery with others.

Personal Responsibility

AI can be a useful source of information and assistance, but responsibility remains with the individual using it.

Members should think carefully about the information they receive and not assume that AI-generated content is always accurate. AI systems may produce content that is incorrect, incomplete or misleading. As with all aspects of service, good judgement, common sense and consultation with others remain important.

Our experience suggests that the greater the sensitivity of the information or situation, the greater the care that ought to be taken, and where there is uncertainty it may be better not to use AI.

Information Fatigue and AI Overuse

When using AI, users should consider whether the content produced is helpful, relevant and easy to understand. Keeping communication simple and focused helps ensure that the main message is not lost.

Overuse of AI can lead to large volumes of information that may overwhelm the reader or dilute the intended purpose. In some cases, excessive or overly polished content may reduce engagement, particularly where it feels impersonal or repetitive.

AI-generated content can often be recognisable through common patterns in tone or phrasing. If overused, this may affect credibility and trust, particularly where communication is expected to reflect genuine experience or a human voice.

AI should be used as a support tool rather than a replacement for clear thinking, personal judgement and authentic communication. Content should be reviewed, simplified where possible, and adapted to ensure it remains meaningful and engaging for its intended audience.

Staying Safe Online

AI technology may make it harder to distinguish genuine online content from misleading or fraudulent material. Members should exercise appropriate caution when interacting with online communications and verify information through trusted sources where necessary.

A Living Fellowship

Throughout its history, Alcoholics Anonymous has adapted to changing technologies while remaining true to its primary purpose.

Artificial Intelligence presents new opportunities and new challenges. The Fellowship's understanding of AI will continue to evolve through shared experience, and these guidelines may be reviewed and developed over time.

Members are encouraged to share their experience, feedback and suggestions so that lessons learned across the Fellowship can be gathered and shared for the benefit of others.

Whatever technologies emerge in the future, the foundation of AA remains unchanged: one alcoholic helping another to achieve and maintain sobriety. AI may support service and administration, but it can never replace sponsorship, Fellowship, informed group conscience or the shared experience upon which AA is founded.

Quick Checklist for Using AI in AA Service

☐ Is using AI appropriate and helpful in this instance?

☐ Is AI supporting rather than replacing human connection?

☐ Am I protecting anonymity and confidentiality?

☐ Are group conscience and AA decision-making remaining with members?

☐ Am I remaining responsible for what I produce and share?

☐ Am I using an appropriate AI service for the information involved?

☐ If working on behalf of AAGB, have I also followed the AAGB AI Policy?

☐ Have I prioritised AAGB Conference-approved literature and service material?

☐ Have I checked that the result is accurate, useful and appropriate?

☐ Is using AI proportionate to what I am doing?

☐ Is the final AI-assisted content clear, simple and authentic?