

Service in AA

Over 6 months Sobriety:

In ___ months of sobriety, I have chaired _____ number of meetings

I have washed cups _____ number of times

Over 12 months Sobriety:

I have given _____ number of leads

I have helped ___ people through the 12 steps of AA

I have gone to the rehab on Sunday ___ number of times

Medications and Other Substances

It is safe for me to use mind or mood altering substances	Yes	No
---	-----	----

It is safe for me to use marijuana	Yes	No
------------------------------------	-----	----

It is safe for me to use Vicodin or other opiates	Yes	No
---	-----	----

It is safe for me to use sedating or tranquilizing pills	Yes	No
--	-----	----

Women/Sexual Relations

It is safe for me to rescue fallen women	Yes	No
--	-----	----

It is safe for me to watch taboo pornography	Yes	No
--	-----	----

It is safe for me to get involved in others' relationships	Yes	No
--	-----	----

It is safe for me to be friend-zoned by a woman I like	Yes	No
--	-----	----

It's ok for me to help women in AA	Yes	No
------------------------------------	-----	----

Emotional Wellbeing

It is ok for me to be angry	Yes	No
-----------------------------	-----	----

It is ok for me to be judgmental	Yes	No
----------------------------------	-----	----

It is ok for me to be resentful, even with cause	Yes	No
--	-----	----

It is ok for me to blame others for my life or circumstance	Yes	No
---	-----	----

It's ok to hurt my family members because of the past	Yes	No
---	-----	----

Physical Wellbeing

I eat right and have a balanced diet	Yes	No
I get enough sleep	Yes	No
I have a good daily routine	Yes	No
I get regular exercise	Yes	No
I have positive relationships with friends/relatives	Yes	No
Smoking cigarettes isn't a big deal	Yes	No

Financial Wellbeing

I spend money wisely/responsibly	Yes	No
I rely on someone else to bail me out when I don't have money	Yes	No
It's ok for me to give money/rides to women in AA	Yes	No
It's ok if I spend more money than I bring in	Yes	No
It's ok if I repeatedly default on my debts	Yes	No

Belief Systems

The world is against me	Yes	No
God hates me	Yes	No
Church is for people who are weak	Yes	No
I should compare myself to others to get my sense of worth	Yes	No
My past, job, money, looks, health, status, affiliations define me	Yes	No
I may be wrong, but others are more wrong	Yes	No
Women are whores	Yes	No
I will never amount to anything	Yes	No
I have problems because of someone else's actions	Yes	No
I'm only partially responsible for my life/reality	Yes	No
If only others would change, then I would be ok	Yes	No
My sponsor should always be around to help me	Yes	No
No one will ever truly understand me	Yes	No

I'll never be liked/loved because I am defective	Yes	No
If I don't get/stay sober it's because someone else failed me	Yes	No
It's ok to rest on my laurels	Yes	No
It's ok to not write inventory for long periods of time	Yes	No
It's ok to get all my spiritual knowledge <i>only</i> from the big book	Yes	No
I don't need to listen to leads or other spiritual teachings	Yes	No

Trauma (optional depending on person)

I will never get over or heal from the things that happened	Yes	No
I will always be a victim in some way because of my past	Yes	No
Other people are always interested in my story of trauma	Yes	No
Only damaged people deserve my time and/or respect	Yes	No
I can only connect with people who have the same level of "trauma" as me	Yes	No
It is safe for me to live in my past	Yes	No
It is safe for me to be anxious/depressed and only keep it to myself	Yes	No
I just need the right counselor/sponsor/doctor/meds to really straighten me out	Yes	No

Question: What gives the trauma from the past reality today??

What is the "mind made false sense of self"?

Do you believe in karma?

Do you believe in intention and/or universal laws?

Can you see that having a victim mentality can actually create an internal condition which manifests itself into bringing about trains of circumstances which actually furthers the victimhood and perpetuates the mind made false sense of self? (i.e poverty minded leads to more poverty, fear of ending up like my alcoholic father leads to drinking and end up acting just like him, etc..)

Where is the only place God can exist? Why? What is line of the will and how do I maintain that?