

AA Life

1. Am I sharing in meetings?
2. Am I being of service to the group?
3. Am I shaking hands and introducing myself at meetings?
4. Am I leaving meetings early? Or showing up late?

AA Steps & Sponsorship

1. Do I have a sponsor?
2. What step am I on?
 - a. How long have I been on this step?
 - b. What do I need to do in order to complete this step?
 - c. Do I want to "punch my sponsor in the mouth"?
3. Am I a sponsor?
 - a. Am I moving my sponsees quickly thru the steps?
 - b. Do I have enough time for each of my sponsees?
 - c. Do I take my sponsees to confession as part of their fifth step?

Step 1 understanding

1. What are the 2 parts of step 1?
2. Why am I powerless over alcohol? Specifically, what are the 2 conditions that make me an alcoholic? (lost power, choice, control over how much, once stopped can't stay stopped)
3. What page in the book describes describes the unmanageability of my life? (52)
4. What is the cure for the unmanageability? (Face and be rid of that which has us blocked from the power steps 4-9)
5. Do I have a lurking reservation? Have I just switched one addiction for another?

Step 4 understanding

1. Can I write out a 4 or 5 column resentment inventory from memory? (Fifth column = all my troubles are my own making)
2. Can I write out a 2 column fear inventory from memory?
3. What are the components of the sex inventory? (Where was I selfish, dishonest, inconsiderate? Where did I inspire jealousy, suspicion, or bitterness?)

Step 7 understanding

1. What is the purpose of the seventh step? (Humility as something desirable, cast out defects)

Step 9 understanding

1. What are the 4 categories of amends? (asap, partial restitution, deferred, no direct contact)
2. Are there amends that should not be made?

3. What does the book tell us about the amends that we must make? (Must not shrink)

Step 10 understanding

1. Do I know what the 10th step disciplines are? (Watch, ask, turn, thy will not mine be done)
2. Am I in a position of neutrality?

Step 11 understanding

1. Am I growing in understanding and effectiveness? How?

Outside AA

Attitude

1. Am I honest? Do I look people in the eyes?
2. Do I listen to others speak and respond, or do I just hear them and am waiting for my turn to talk?
3. Am I a gossip? Am I assassinating the character of someone who is probably spiritually sick like me? Do I talk behind people's backs?
4. Am I comparing myself to others?
5. Am I smugly superior to anyone?
6. Do I want to be right or do I want to be happy?

Authenticity

1. Do my insides and outsides match?
2. Do I keep my word?
3. Do I "do what I say" and "say what I do"?
4. Do I understand the ego's "theatre of the lie"?
5. Am I an approval seeker?
6. Can I admit when I am wrong?
7. Can I exchange love for hate?
8. Do I practice self love?
9. Do I have any false beliefs? (i.e. taking a drink is safe, I can steal time from my employer, my wife won't find out, I don't have to pay the money back, etc...)
10. Am I being dishonest in some area of my life (relationships, sobriety, financial, etc..)

Etiquette & Ethos

1. Am I on time (to work, school, meetings, etc...)
2. Am I living to good purpose?
3. Am I giving my employer an honest days' work?
4. Am I helping around the house? Am I contributing more than just "bare minimum"?
5. Am I keeping busy with positive things (exercise, hobbies, men's groups, reading, learning, etc...)

Language & Speech

1. Am I impeccable with my word?
2. Am I swearing often when speaking with others? Do I swear just to swear? Do I think that will impress the person I am speaking to?
3. Do I witness things accurately and report them truthfully?
4. Am I lying by omission or commission?

Relationships

1. Am I a good friend?
2. Am I a “nice guy” (in reference to Dr. Glover’s “Nice Guy Syndrome” system of beliefs)
3. Am I direct with my needs or do I control/manipulate in order to get what I want?
4. Do people know me at depth or do I have a secret life that nobody knows about?

Philosophical/Spiritual

1. Have I “entered the world of the spirit? (Only possible after completing 3-9 properly)
2. Do I understand the paradox of “all is well, even if it’s a mess”? Or do I think everything is a mess?
3. Is God everything or nothing?
4. Do I know what the 4 agreements are? Do I practice them?
5. Do I understand that all my troubles are my own making?
6. Am I just hiding out in AA or with AA people and waiting for things to “blow over” so as to give the appearance of spiritual progress, only to play the old game all over again when I think people are no longer onto me and my behavior?
7. Do I understand that I can never drink/drug safely? That there will never come a time when I can “control and enjoy” my drinking/drugging/gambling/sex addictions? That my suffering in life is directly related to my attachment to these things?