

Answer the following: Circle or fill in the blank

1. Have you been letting up on your Disciplines [Spiritual, Physical, Behavioral]? **Y or N**
2. Have you been missing Prayer & Meditation time? **Y or N**
3. Have you told yourself or another “ I know I should spend more time with God but,...” recently? **Y or N**
4. How well is your Prayer & Meditation life working for you? **Lousy Poorly Fair Good Great Excellent**
5. Have you been having problems with Depression? **Y or N**
6. Have you been having problems with Anger? **Y or N**
7. Have you been having problems with Frustration over the behavior of others and/or how their behavior affects you? **Y or N**
8. Do you “wallow” in your emotions and/or are you miserable in any area of your life? **Y or N**
9. Have you been having problems with Expectations or expecting too much from others? **Y or N**
10. Have you been having problems with Feeling Let Down? **Y or N**
11. Have you been having problems with Felling dissatisfied? **Y or N**
12. Have you been having problems with Worry? **Y or N**
13. Have you been having problems with Fear? **Y or N**
14. Have you been having problems with Self-Pity? **Y or N**
15. Have you been having problems with Exhaustion? **Y or N**
16. Have you been having problems with Complacency? **Y or N**
17. Have you been having problems with Dishonesty? **Y or N**
18. Have you been having problems with Impatience? **Y or N**
19. Have you been having problems with Argumentativeness? **Y or N**
20. Have you been having problems with Anger, Rage, Resentment or Explosive feelings? **Y or N**
21. Have you been having problems with Taking Responsibility? **Y or N**
22. Have you been “Too busy” and missing meetings [home group, with sponsor, with protégé’s]? **Y or N**
23. Have you been having problems with Making Excuses? **Y or N**
24. Have you been “meaning to do _____” and not followed through with it? **Y or N**
25. Have you been having problems with Rationalizing? **Y or N**
26. Do you think “drinking is not an option” or “it can’t happen to me”? **Y or N**
27. Have you been having problems with Envy or Excessive Wants? **Y or N**
28. Have you been having problems with Cockiness? **Y or N**
29. If someone in AA were to make a suggestion to you, would you [or the voice in your head] say... “Yes, I know, but...”? **Y or N**
30. Would others describe you as having all the answers and/or unapproachable? **Y or N**
31. Do you or have you been ignoring advice from others you trust? **Y or N**
32. Have you been having problems with Time [constantly late/tardy]? **Y or N**
33. Have you been having problems with Ego? **Y or N**
34. Have you been having problems with Moodiness? **Y or N**
35. Have you been using distracters and/or Mood Enhancers [Food, Sex, TV, Gambling, Sleep, etc.]? **Y or N**
36. Have you been having problems with lack of Gratitude? **Y or N**
37. Have you been doing nice things for others to get attention and praise? **Y or N, if yes what? _____**
38. Do you feel anxious even when you know everything is OK? **Y or N**
39. Do you feel you “aren’t _____ enough”? **Y or N**
40. Do you feel like you always fall short regardless of what others say? **Y or N**
41. Does it really bother to find out someone dislikes you? **Y or N**
42. Is rejection and/or failure a crushing blow for you? **Y or N**
43. Do you give up easily rather than try and risk failure? **Y or N**
44. Is there any area of your life that is a constant source of discontent for you? **Y or N**
45. Have you been having trouble with personal relationships? **Y or N if yes, with whom? _____**
46. Describe yourself in 30 words or less...

47. How would your family describe you in 30 words or less...?

48. How would others [friends, coworkers, neighbors describe you in 30 words or less...?

49. How would your sponsor describe you in 30 words or less...?

Let's play 20 Questions:

- 1) **Who am I recovering for?**
- 2) **In what areas of my life am I resisting?**
- 3) **What am I NOT doing that I know is good for me?**
- 4) **What am I NOT doing that is blocking me from being effective for God?**
- 5) **What am I not doing that needs to be done?**
- 6) **What is the lesson here?**
- 7) **What Am I losing my energy to?**
- 8) **Where am I struggling?**
- 9) **Is my struggle for God's plan or my plan?**
- 10) **Whom am I giving my power to?**
- 11) **Who's in control?**
- 12) **Who should be in control?**
- 13) **What NEEDS do I have that are NOT being met?**
- 14) **What WANTS do I have that are NOT being met?**
- 15) **Do you ever say to others "You make me _____ or made me feel _____?"**
- 16) **Am I at peace with myself?**
- 17) **Am I at peace with others?**
- 18) **Am I at peace with my work?**
- 19) **Am I at peace with my program?**
- 20) **Am I at peace with God?**