

## STEP ONE UNMANAGEABILITY EXERCISE

We can use the spiritual malady references mentioned in the book "Alcoholics Anonymous" (page numbers provided) to review honestly the ego manifestations in our CURRENT lives. The following are statements that best capture the inner and outer experience when we are spiritually blocked from our True Nature. They are basically caused by self-centered fear. If you CURRENTLY have unmanageability in the following areas of your life, please consider the fact that you may be moving away from REAL happiness and contentment. – Barefoot Bill

**h) Am I generally restless (that sense of "something's missing"), irritable (which means "easily annoyed") and discontented (which means "never satisfied")?** (Page xxviii) YES\_\_\_NO\_\_\_. Do you experience these feelings often? YES\_\_\_NO\_\_\_. Do you feel like you never belong or that you are not a part of, even in your own family? YES\_\_\_NO\_\_\_. Are you usually uncomfortable in your own skin? YES\_\_\_NO\_\_\_. Do you experience an ongoing sense of sadness? YES\_\_\_NO\_\_\_. Do you often feel like "something is missing" in your life? YES\_\_\_NO\_\_\_.  
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**i) Am I having trouble with personal relationships?** (Page 52) Do you take care of others too much, to the point where you neglect to do the things you need to do to take care of yourself? YES\_\_\_NO\_\_\_. List names of those close to you (family, friends, co-workers) and evaluate how you are getting along with these people. Also include your relationship with yourself and your Higher Power. Include a few examples of how you treat perfect strangers or those who can't do anything for you. What seems to be the problems that you are having with those around you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**j) Am I having trouble controlling my emotional nature?** (Page 52) Are most of your days best described as emotionally up and down? YES\_\_\_NO\_\_\_. Consider how you manage your emotions. Are you in control of your negative emotions or are they in control of you? IN CONTROL\_\_\_ NOT IN CONTROL\_\_\_. When you lash out in anger, do you feel like you have no other choice or that it's "their fault"? YES\_\_\_NO\_\_\_. Look at some of your more frequent negative emotions (like jealousy, impatience, lust, fear, guilt, frustration, greed, anger, shame, etc.) and analyze them individually in the following way: When you feel this way, what do you say and do? Are you able to find ways to quickly work through them without harming yourself or others, or do you become inapproachable for hours or days at a time? Are you quick to criticize with a biting or sarcastic tongue? Do you beat yourself up for feeling this way? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**k) Am I prey to misery and depression?** (Page 52) How often in the average month are you miserable or depressed? \_\_\_\_\_ TIMES. How long does it last and what do you do to get rid of it? \_\_\_\_\_  
How does life and other people's behavior cause you misery and depression? What was going on the last few times you were miserable or depressed? \_\_\_\_\_  
\_\_\_\_\_

Are any of these recurring? \_\_\_\_\_. When you are miserable or depressed, do you avoid people, sleep all day, think about hurting yourself or others, or seek escape through alcohol/drugs/food/etc. or extended periods in front of the TV or computer? YES\_\_\_NO\_\_\_.  
\_\_\_\_\_

**l) Am I having trouble making a living?** (Page 52) What areas of your life are not in balance? Included here are: finances/savings/spending/credit cards/loans, your marriage/parenting/friendship/ work life, education, physical/emotional/mental/ spiritual health, do you set aside time for fun/for being alone, are you overweight, do you drink too much coffee or smoke too much, are you having problems getting or keeping a job, have you had a routine medical check-up recently, etc. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**m) Do I feel useless?** (Page 52) Do you often wonder why you are even alive?" YES\_\_\_NO\_\_\_. Do you often feel inconvenienced or taken advantage of by others? YES\_\_\_NO\_\_\_. Do you have difficulty finding interests or "fitting in"? YES\_\_\_NO\_\_\_. Do you feel like there is no meaning to your life or that you have nothing to contribute to life? YES\_\_\_NO\_\_\_. Explain any "YES" here: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**n) Is fear a big part of my life?** (Page 52) How much of the average week are you experiencing fear? \_\_\_\_\_%. What do you say or do when you are fearful? \_\_\_\_\_  
What does fear prevent you from doing? \_\_\_\_\_  
How do you get rid of fear? \_\_\_\_\_. List some of your more common fears. Ask yourself why you have them and if they are real or imagined? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**9) Am I often unhappy?** (Page 52) How much of the average week are you unhappy? \_\_\_\_ %. What do you say or do when you are unhappy? \_\_\_\_\_  
\_\_\_\_\_. How do you get rid of unhappiness? \_\_\_\_\_  
\_\_\_\_\_ Can you usually be described as positive and upbeat? YES \_\_\_ NO \_\_\_. When asked about how you are doing, you say that you are doing well. Even though you say that, do you often know deep down within that this is not the truth? YES \_\_\_ NO \_\_\_. What areas or past events in your life bring about recurring unhappiness? \_\_\_\_\_  
\_\_\_\_\_

**10) Am I of real help to other people?** (Page 52) When was the last time you brought someone new to a meeting? \_\_\_\_\_. Do you include your number on phone lists for newcomers? YES \_\_\_ NO \_\_\_. Or do you think that you have nothing to offer them? YES \_\_\_ NO \_\_\_. Every week, do you reach out to someone in need or in pain and expected nothing in return? YES \_\_\_ NO \_\_\_. Are you successful when you try to help others? YES \_\_\_ NO \_\_\_. Do you think that it is important to grow in ways that would make you become more helpful to others? YES \_\_\_ NO \_\_\_.

**10) Do I think I know what's best for everyone?** Are you often like the actor who wants to run the whole show; is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in your own way? Do you believe that everybody, including yourself, would be pleased and that life would be wonderful if only they would do as you say? Can you sometimes be quite virtuous, kind, considerate, patient, generous, even modest and self-sacrificing; yet at other times be mean, egotistical, selfish and dishonest depending on which will work in getting YOUR way)? Are you often a victim of the delusion that you can wrest (which means "to take away by force") satisfaction and happiness out of this world if you only manipulate well? (Page 60-61) YES \_\_\_ NO \_\_\_. Do you spend a lot of time getting frustrated when others don't behave the way you think they should? YES \_\_\_ NO \_\_\_. Is there anyone that you refuse to forgive? YES \_\_\_ NO \_\_\_.

**11) Am I driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity?** (Page 62) Do you often wonder why you do what you KNOW you shouldn't be doing and don't do what you KNOW you should be doing? YES \_\_\_ NO \_\_\_. Do you have trouble showing up on time? YES \_\_\_ NO \_\_\_. What is the general condition of your inner dialogue/self-talk/self-criticism? GOOD \_\_\_ BAD \_\_\_. Although you may or may not be currently drinking or drugging, do you have other "addictions" (other areas in your life that are out of balance or out of control)? YES \_\_\_ NO \_\_\_. If so, give examples. \_\_\_\_\_  
\_\_\_\_\_

**12) Am I an extreme example of self-will run riot, though I usually don't think so?** (Page 62) Do friends and relatives sometimes say that you are selfish even though you don't agree? YES \_\_\_ NO \_\_\_. Do you end relationships only because the other person doesn't act the way you think they should? YES \_\_\_ NO \_\_\_. Are you a "team player"? YES \_\_\_ NO \_\_\_. Do you spend most of the time thinking of yourself instead of thinking of what you can do for others? YES \_\_\_ NO \_\_\_. Is your motto "what's in it for me"? YES \_\_\_ NO \_\_\_. Do you think that some rules/laws don't apply to you? YES \_\_\_ NO \_\_\_. Do you exhibit signs of or participate in road rage"? YES \_\_\_ NO \_\_\_. Would other drivers describe you as considerate? YES \_\_\_ NO \_\_\_.

**13) Am I leading a double life?** Are you very much the actor, presenting to the outer world your stage character, which is the one you like your fellows to see? Do you want to enjoy a certain reputation, but know in your heart that you don't deserve it? YES \_\_\_ NO \_\_\_. Are you under constant fear and tension because of this, worrying that you may be "found out"? (Page 73) YES \_\_\_ NO \_\_\_. Are you lying to or keeping something from your sponsor/spiritual advisor/recovery network? YES \_\_\_ NO \_\_\_. Do you usually do what you say and say what you do? YES \_\_\_ NO \_\_\_. Are you involved in relationships (romantic or illegal) that you shouldn't be? YES \_\_\_ NO \_\_\_. What are your hidden secrets: \_\_\_\_\_  
\_\_\_\_\_

**14) Am I like a tornado roaring through the lives of others?** Do you have a habit of breaking hearts, sabotaging sweet relationships, and uprooting affections? (Page 82) YES \_\_\_ NO \_\_\_. Have you avoided making amends to your family and those closest to you? YES \_\_\_ NO \_\_\_. Do you have difficulty keeping friendships for more than a few months? YES \_\_\_ NO \_\_\_. Do you have a habit of pushing people away? YES \_\_\_ NO \_\_\_. Are you pursuing newcomers for something selfish instead of only helping them in their recovery and spiritual growth? YES \_\_\_ NO \_\_\_. Do co-workers, family, and friends sometimes find you inapproachable? YES \_\_\_ NO \_\_\_.

**15) Am my selfish and inconsiderate habits keeping my home in turmoil?** (Page 82) Are you more interested in your own needs and wants than you are with the needs and wants of your family? YES \_\_\_ NO \_\_\_. Have you made amends to your family but continue the behavior you originally made amends for? YES \_\_\_ NO \_\_\_. Do you sometimes hide away at meetings to avoid responsibilities at home? YES \_\_\_ NO \_\_\_. Do you spend "quality time" with your spouse/family on a regular basis? YES \_\_\_ NO \_\_\_. Would your spouse/family agree with your previous answer? YES \_\_\_ NO \_\_\_. Has anyone in your household recently said something like this to you, "The only person you ever think of is yourself"? YES \_\_\_ NO \_\_\_.

**After evaluating these areas, can you now admit that there are many areas of your life (especially you inner life: thinking/emotions) are unmanageable?** YES \_\_\_ NO \_\_\_.