

## **STEP 11 CONDUCT REVIEW**

How would the people I had contact with today describe what being with me was like?

Did I give off a positive or a negative vibe?

If my surface behaviour was good, was I silently sulking, self-piteous, or resentful?

Did I manipulate to get my own way or otherwise impose my will?

Was I fully present and attentive or distracted?

Did I follow through on promises and commitments or did I cancel, postpone, and rejig?

Was I cheerfully accepting, or was I critical, directly or indirectly?