

# CHECK LIST 2/21/06

## 1. FIRST DRINK GETS YOU DRUNK

I always thought it was the (8<sup>th</sup> or 9<sup>th</sup> etc.) drink that got me drunk

It is the 1<sup>ST</sup> DRINK.

If I do not pick up the first drink...its **impossible** for me to get drunk.

## 2. DON'T DRINK AND GO TO A MEETING

(Do I understand what this means?) This is a short way AA's say  
"This is the first commitment we make in AA.

**PLEASE KNOW THAT DON'T DRINK AND GO TO MEETINGS IS NOT  
ENOUGH TO HAVE CONTINUOUS SOBRIETY.**

## 3. LET'S TALK ABOUT MEETINGS

(WHAT IS THE PURPOSE OF DIFFERENT TYPES OF MEETINGS?)

There are several basic types of meetings:

**Big Book Meetings**.....Learn the AA Program & How it Works.

**Tradition Meetings**.....Learn how the AA Fellowship is run.

**Step Meetings**.....Help with the 12 Steps of Recovery.

**Speaker Meetings**.....Learn to listen & identify the problem.

**Discussion Meetings**.....**Learn how** to share your Experience,  
Strength, & Hope.

**Study Meetings**....Education of the information found in AA literature.

## 4. WHY....90 MEETINGS IN 90 DAYS

Questions that you will be able to answer at the end of the period:

Am I an Alcoholic? Do I understand my Disease?

Do I have the desire to stop drinking?

Do I want to join the Fellowship?

Am I willing to work the AA Program the AA way?

## 5. WHY....FIND A HOME GROUP

### **Criteria for a good Home Group:**

You feel welcome & part of the Group.

The Group provides several different types of meetings.

You have a place to learn & follow the Program.

You have an over all feeling that the Group is run the AA way.

The Group has a willingness to carry the message.

You have a place where you will be able to give service.

You have a place where you can receive

Stability, Fellowship, & Commitment.

You have a place to celebrate your sobriety.

## 6. WHY.....GET A SPONSOR

### Good requirements for a sponsor:

Have a minimum of one-year continuous sobriety.

Have they completed their Steps?

The same sex.

Someone you feel is worthy of your trust.

Someone with whom you may share confidential information.

Someone who is working the 12 Steps in their life.

Someone who is willing to help you work and understand the  
12 Steps.

Someone who will help you develop the structure in **your** program.

Someone from whom **you will** be willing to take suggestions.

Someone you can go to a meeting with at least once a week.

## **7. H.A.L.T. ....WHAT DOES THIS MEAN?**

Hungry, Angry, Lonely, & Tired.

## **WHY IS HALT IMPORTANT?**

## **8. GET ACTIVE..... WHAT DOES THIS MEAN**

Arrive at meetings early & stay after meetings in order to  
develop a feeling of belonging.....

Work on becoming part of the Fellowship.

Join a Home Group. Learn how AA works

Attend Business Meetings

Pick up chairs, tables, cups, books, etc.

Volunteer to be the coffee maker or their assistant.

Buy milk, cookies, coffee, tea, cups, etc.

Volunteer for set-up before the meeting; clean up after the  
meeting. Talk with your fellow AA members

Clean up the smoking area. Do what is needed.

Support to the Groups activities

Volunteer to work on Group activities.

Go on speaking commitments with you Group.

Share your experience at a meeting.

## **9. BE WILLING TO TAKE DIRECTION**

**REMAIN TEACHABLE....Willingness is the key**

**PRIDE & EGO WILL GET YOU DRUNK EVERY TIME**

Remember we need to learn new ways to:

**“Deal with Life on Life's Terms.”**

## **10. DO I UNDERSTAND?**

**“THIS IS A SPIRITUAL PROGRAM - NOT A RELIGIOUS PROGRAM”**

If you are having trouble with the concept of a

**“Higher Power.”**

Or

**“The God of your understanding”**

One thing that may help you is to recognize **you are not** your own

**“Higher Power.”**

**11. WHAT IS THE PREAMBLE? Where is it found?**

**WHAT ARE THE 12 STEPS? Why are the Steps important?**

**WHY HAVE THE TRADITIONS? Why study them?**

**HOW DOES IT WORK? Where is it found?**

**12. HOW DOES ONE DAY AT A TIME HELP ME?**

The Secret to sobriety is that we learn to stay sober

**“ 24 Hours at A Time.”**

Sometimes we may have to break up our day into shorter periods of time. The key is that we make a commitment

to our Sobriety for 24 hours....

Not the rest of our lives. We can start, or re-start, our "24" at anytime during the day. Our "24's" do not run from midnight to midnight.

**13. AM I TAKING RESPONSIBILITY FOR MY DISEASE?**

**WE MUST ACCEPT THAT RESPONSIBILITY FOR OUR DISEASE.**

I do not get sober and stay sober alone. I stay sober with the help of my Higher Power, the Program, & the Fellowship.

I am responsible for my sobriety. No one can make me pick up a drink. In order to stay sober, I must get honest with myself.

If I am getting sober for other people, places or things, at some point they are going to disappoint me, create resentments. This will lead me back to the bottle. What am I doing to stay sober?

14. EVERYONE IN THIS ROOM SHOULD HAVE:

A PLAN FOR THE NEXT MEETING THEY WILL ATTEND.

A BIG BOOK..... A STEP BOOK.....A SPONSOR  
& A HIGHER POWER

ACTUALLY

THIS IS NOT GOOD ENOUGH -  
YOU SHOULD BE READING THE BIG BOOK & THE STEP BOOK  
LISTENING & DOING WHAT YOUR SPONSOR SUGGESTS

&

TALKING TO YOUR HIGHER POWER

WHAT EVERYONE IN THIS ROOM NEEDS EACH DAY TO  
WORK ON THEIR RECOVERY IS:

H. O. W.

PERSONAL HONESTY.....OPENNESS.. &.... WILLINGNESS

Unknown