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?