

WHAT'S YOUR SCORE?

KEEP THIS AND CHECK YOUR GRADE EACH MONTH
GIVE YOURSELF FROM ONE TO FIVE POINTS ON EACH QUESTION

1. Has my past been a mess and am I EARNESTLY DETERMINED TO ESTABLISH A BETTER WAY OF LIFE, and am I willing to make the effort?

2. Do I admit BEYOND ANY DOUBT that I am powerless over alcohol - that if I use it, it will destroy me? _____
3. Do I sincerely believe that there is a power greater than myself in which I WILL PUT MY TRUST regardless of what happens? _____
4. Do I realize the importance of talking A.A. and attending all A.A. MEETINGS POSSIBLE, or do I hedge and make excuses? _____
5. Am I really willing to MAKE RETRIBUTION where possible to those I have harmed, or am I just kidding? _____
6. Do I SINCERELY OBSERVE daily moments of constructive meditation, thinking of my humility and desire to understand? _____
7. Am I TRULY HONEST with others, or will I chisel if I get a chance? _____
8. Am I PATIENT in waiting for the rewards of my efforts? _____
9. Am I FRIENDLY and do I TRY TO OVERLOOK the shortcomings of others, regardless of who they are? _____
10. Am I tolerant - do I show consideration for those whose beliefs, practices or habits differ from my own? _____
11. Am I a gossip - do I repeat rumors or chatter about people's affairs? _____
12. Am I GRATEFUL for ALL HELPFUL THINGS and DO I SAY SO? _____
13. Do I have REAL COURAGE and am I FREE FROM FEAR OF ALL KINDS?

14. Do I really have CONFIDENCE IN MYSELF and others, or am I filled with doubt and suspicion? _____
15. Do I cooperate with others and HELP PROMOTE constructive ideas? _____
16. Do I practice SELF-CONTROL, and really forget and forgive differences? _____
17. Am I neat in my appearance, and do I keep as clean as I can under the circumstances, both in body and mind? _____
18. Am I extending any effort to help others with their problems? _____
19. Do I realize that my problem is NOT MONEY, but mental and physical? _____
20. Am I making any reasonable effort to OVERCOME any other undesirable habits or CHARACTERISTICS I may possess? _____

Total _____

A total score of less than 50 is regarded as poor; 50 to 60 fair; 60 to 65 low average; 65 to 70 high average; 70 to 80 excellent; over 80 "impossible in this world."

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