

The following questions were presented at a communication workshop to help couples check their priorities in regard to their relationship:

- 1) To what extent do we work our Recovery Program in our home?
- 2) Which Steps control our relationship?
- 3) Which Traditions are practiced in our home?
- 4) Which slogans do we regularly apply to our relationship?
- 5) How do the 9<sup>th</sup> Step Promises fit into our relationship? (Have we done the eight and one-half Steps that precede these Promises?)
- 6) Having taken the 3<sup>rd</sup> and 7<sup>th</sup> Steps, do we still criticize, condemn and complain throughout the day?
- 7) What part does Love play in our relationship, and what actions do we take to show it?
- 8) How does Powerlessness affect our relationship?
- 9) Is there "insanity" in our home?
- 10) Have I turned my will, life and spouse over to the care of God?
- 11) Do I have resentments toward my partner?
- 12) Do I have a sponsor and a working relationship with my sponsor?
- 13) Am I as aware of my shortcomings as I am of my partner's?
- 14) Which of my defects that interfere with a happy, comfortable relationship have I not yet asked God to remove?
- 15) Have I made a list of all persons in my home whom I've harmed and have I made amends to them all?
- 16) Do I take my own inventory and promptly admit it when I am wrong?
- 17) Do I treat my partner with the same love, tolerance and respect with which A.A. & Al-Anon members treat newcomers?
- 18) Do I have an adversarial relationship with my partner? Does either of us respond defensively to the other - or do we communicate as equals?
- 19) Am I a Victim or am I a Hero (Heroine) in our relationship?
- 20) Have we eliminated emotional blackmail from our home?

-from the book "There's More to Quitting Drinking than Quitting Drinking" by Dr. Paul O.