

## THE TWELVE STEPS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we *understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we *understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Relaxed	Tense
Confident, having faith	Fearful, apprehensive
Hopeful	Despondent
Optimistic	Pessimistic
Living for today	Living in the past, guilt feelings
Industrious	Lazy
Prompt	Procrastinating
Purposeful	Aimless
Responsible	Irresponsible
Using talents and abilities	Disinterested in self
Thankful	Ungrateful
Willing to continue to seek emotional and spiritual balance	Smug, complacent

*Cooperative*

Do I try to understand another's position, even though I may not agree with it?

Can I work well with others in a group?

Can I accept the leadership of others?

Do I lead by example as well as by words?

*Domineering**Outgoing*

Am I comfortable in my social interactions with others?

Do I realize that others may benefit from my shared experience?

Do I get involved in the affairs of the world, my community, and my family?

*Withdrawn**Forgiving*

Do I see making a list of resentments as a first step toward rooting out these resentments?

Once a conflict is over and I have expressed my anger, can I let go?

Can I be understanding if involvement in AA occupies a good deal of the time of the newly-sober alcoholic?

*Resentful**Trusting*

Can I give others the benefit of the doubt?

Can I take a chance on being disappointed in order to invest in a new relationship?

Do I avoid always searching for a hidden motive in what others do?

*Suspicious**Trustworthy*

Do I avoid discussing another's problems under the guise of it being "for their own good"?

Do I avoid tattling on others?

Do I see protecting confidences as an essential part of the Al-Anon program and as a hallmark of a mature person?

*Prone to gossip**Content*

Do I make a conscious effort to count my blessings?

Can I enjoy the good fortune of others?

Can I avoid blaming others and try to improve my own circumstances.

*Envious**Agreeable*

Do I look for the best in each situation and person that I encounter?

Do I avoid arguing simply for the sake of arguing?

Do I avoid the use of sarcasm when others do not share my views?

*Disagreeable**Cheerful*

Do I avoid blaming others for my unhappiness?

Can I understand why Abraham Lincoln said "Most folks are as happy as they make up their minds to be"?

*Depressed*

Do I recover quickly from disappointment?

*Courteous*

Do I listen attentively when others are talking or am I just waiting my turn to speak?

*Discourteous*

Am I considerate of others in my use of language and the tone and pitch of my voice?

*Humble*

Am I a gracious winner?

Am I aware that being humble is having an honest appraisal of myself?

Do I know that a *humbling* experience is never a *humiliating* one?

Have I learned that humility is a sense of proportion between me and my Higher Power?

*Calm*

Can I share others' problems without worrying about them?

Do I realize that action is often an antidote to worry?

Do I use the Serenity Prayer to find a sense of peace?

*Relaxed*

Do I avoid using chemical substances, unless prescribed by a physician, to achieve a state of relaxation?

Is there something that I really enjoy doing that will help me to relax?

Can I realize that a realistic amount of tension in most situations makes me keen and more able to function well?

Can I use the slogan "Easy Does It" to my advantage?

*Confident, having faith*

Have I ever listed and analyzed my fears?

Do I see value in talking to someone about my fears?

Can I accept a certain amount of insecurity in my life without fearing that everything will fall apart?

*Arrogant**Hopeful*

Can I start each day with hopes of making it better than the one before?

Am I willing to do what I can to fulfill my hopes?

Do I believe in a Higher Power who can help me to find a better, happier way of life?

*Optimistic*

Do I try to expect the best in each situation I encounter?

Do I give myself a chance to have a bright future?

Do I try to share the best part of myself in my relationships with others?

*Living for today*

Have I done all I can to rid myself of guilt feelings about the past?

Do I exercise all my senses in a positive way?

Am I willing to apply the "Just for Today" concepts in my life?

*Industrious*

Do I realize that willingness to do something is the first step toward actually doing it?

*Lazy*

Can I stick to a task once I've started it?

Do I have an organized way of tackling my duties?

*Prompt*

Do I try to avoid thoughtless delay in actions or decisions because of laziness or carelessness?

*Procrastinating*

Do I realize that procrastination often leads to justification for missed opportunities?

Am I aware that being late shows disrespect to those waiting for me?

*Open-minded, gracious*

*Smug, stubborn*

Can I be open-minded and receptive to people with new ideas?

Can I be accommodating and still maintain my self-respect?

*Intolerant*

Can I compromise realistically?

Do I avoid condescending attitudes toward others?

Can I do things the way another person suggests?

Do I realize that my feelings of frustration are decreased as my tolerance is increased?

*Constructively critical*

*Judgmental*

Do I avoid taking another person's inventory?

*Realistic*

*Unrealistic*

Have I eliminated the *shoulds* and *oughts* from my vocabulary when I am speaking about other people.

Am I convinced that most people are the way they need to be at present, not necessarily the way they would like to be?

Can I see that facing the truth alone means not having to deal with dozens of imagined troubles?

Do I believe what is real is happening only one day at a time?

*Respectful*

*Disrespectful*

Do I respect the feelings and experiences of others?

*Reasonable*

*Unreasonable*

Have I developed some sense of my right to be treated with dignity?

Do I try to reason things through rather than act on impulse?

Do I try to hear a full story before drawing my conclusions?

Can I balance my need to fulfill myself as a person with knowledge of the same need in others?

Can I give others the benefit of the doubt?

*Patient*

*Impatient*

Do I have patience with myself while maintaining a healthy form of self-discipline?

*Assertive*

*Submissive*

Can I patiently teach others what I have learned, appreciating their willingness to learn?

Do I act in my own behalf and set my own goals?

Do I make my own decisions?

Do I realize that in being patient I am allowing my Higher Power to work through time to give me the guidance that I need?

Can I resist giving-in just to keep peace when my own welfare and integrity are involved.

Do I know the difference between asking for help and imposing?

*Kind*

*Unkind*

Do I treat others kindly, considering their feelings?

Do I try to refrain from saying anything if I find it difficult to be kind?

Do I see value in simply lending a listening ear to someone in need?

*Loving, caring*

*Indifferent*

Do I avoid an I-don't-care attitude about others, realizing that indifference is often more cruel than outright rejection?

Do I try to avoid being overbearing and overprotective?

Can I accept the love which others offer to me?

*Discreet*

*Lacking discretion*

Am I conscientious and tactful in my interactions with others, always considering their feelings?

Do I avoid overtalking a point?

Have I considered listening to myself as a means of developing a sense of discretion?

*Stable*

*Panicky, violent*

Do I work to avoid wide swings in my mood?

Are my feelings expressed in appropriate ways?

Am I sensitive to the feelings of others in a healthy way?

Do I use silence to help me to regain stability and composure?

*Consistent*

*Inconsistent*

Do I try to say what I mean and mean what I say?

Do I do what I have promised to do?

Can I be counted on to act the same way when faced with the same situation on different occasions?

*Sincere*

*Insincere*

Do I try to be myself, avoiding putting on a front to impress others?

Do I avoid paying compliments when I don't mean them?

Do I avoid manipulating people by telling them what they want to hear instead of what I really think or feel?

*Honest*

*Dishonest*

Am I honest with myself about my motives?

Do I avoid rationalizing or justifying my faults?

Can I keep from telling lies, even small ones?

Can I be straightforward with others, letting them know me as I am?

Am I careful never to be hostile or vicious under the guise of honesty?

*Willing to admit faults*

*Self-righteous*

Can I admit to myself and others when I am wrong?

Do I avoid following up an apology with an excuse for my behavior?

Have I grown past the point where I rationalize and claim my bad behavior is reasonable because of my situation?

CHARACTER TRAITS

Compare and consider the following character traits and then answer the questions below:

*Aware of others*

*Self-centered*

Do I try to become less preoccupied with myself by getting interested in things outside myself?

Can I see that being helpful to others is a way out of my dilemma?

Are my responsibilities to myself kept in good balance with my desire to reach out to others?

*Helpful to others*

*Self-indulgent*

Do I enjoy going out of my way for others, or am I constantly expecting others to go out of their way for me?

Have I considered helping out at my Al-Anon group by accepting a responsibility?

*Generous*

*Selfish*

Do I make an effort to consider the needs of others as well as my own?

Am I generous with my time in service to others, remembering especially my family members?

Do I try to share something of myself, my feelings and ideas, with others?

*Thoughtful*

*Self-pitying*

Have I considered that others may have had as difficult a time in life as I?

Do I steer clear of getting others to feel sorry for me?

Do I see problems as one of the greatest forces for growth in my life, a real gift from my Higher Power?

CHARACTER TRAITS

*Purposeful*

*Aimless*

Do I still care enough to make changes in my life?

Do I have a purpose in my life?

Can I discipline myself in a healthy and comfortable way so that I can accomplish things?

*Responsible*

*Irresponsible*

Can I be trusted with responsibility?

Have I learned to say "no" at times?

Do I avoid feeling responsible for others' lives but see myself as having responsibilities to others?

*Using talents and abilities*

*Disinterested in self*

Do I appreciate my talents and abilities?

Can I discipline myself enough to develop these talents and abilities?

Do I realize that these are gifts and use them in service to my Higher Power and my fellow man?

*Thankful*

*Ungrateful*

Am I thankful for present blessings?

Have I ever considered making a list of things I am grateful for?

Do I take time to express my thanks to my Higher Power?

*Willing to continue to seek emotional and spiritual balance*

*Smug, complacent*

Do I know that I won't have finished "the job" when I do manage to finish the Fourth Step?

## A SUMMARY OF FINDINGS

Positive Attitudes:

Date \_\_\_\_\_

What I've discovered about my capacity for loving:

Negative Attitudes:

Realistic goals I can set for myself:

Responsibilities I recognize as my own:

Behavior habits I can improve:

Responsibilities I need not have taken on:

My positive character traits:

Qualities I appreciate in myself:

My negative character traits:

Self-worth is really a sense of wholeness. My attitude determines my amount of wholeness. With a deepened sense of self-identity and good feelings about myself, my problems can be viewed as challenges; and painful things, as opportunities to grow. It gives me a focus on life as a whole and I can learn to take myself lightly.

I am good to myself. I share my deep feelings, good and bad, with others. I stay close to God, let go and accept the results. He certainly doesn't need me to make His miracles. I talk nicely to myself, pat myself on the back when I do what's right but difficult. I do things for others, sometimes anonymously. I phone someone I haven't heard from in a long time. All this I do to like myself better.

Because I didn't have a good opinion of myself, I was concerned with what others thought of me, and any kind of disapproval or rejection made me uncomfortable. If others liked me, then I felt good about myself; if they disliked me, or criticized me, I felt compelled to change, to please them. My opinion of myself depended entirely on others.

Today I realize that, instead of putting the opinions of others first, I must work on improving my own feelings of self-worth. As long as I feel like a truly worthwhile person, I can be less concerned with what others think.

Have I considered the further help of a professional if I can't cope with a specific emotional problem?

Do I enjoy my own company?

Have I considered buying myself a present?

Am I as good to myself as I would be to someone I care for?

Have I developed some degree of self-respect, striving to develop a reasonable standard for myself rather than trying to measure up to someone else?

Do I appreciate my abilities?

Can I accept my limitations?

Can I see my shortcomings as something short of an ideal?

Can I derive satisfaction out of working to improve myself?

Do I take time to consider my own spiritual needs?

Can I sit quietly in the middle of an outburst and remember that the accusations made against me may not be the facts?

Do I know I have the right to be wrong?

### Consider these questions:

Do I treat myself well physically, mentally, and spiritually?

Can I accept my physical appearance?

Do I take pride in my appearance?

Do I eat the right foods?

Do I get enough rest?

When was the last time I went to the doctor for my own check-up?

When was the last time I went to the dentist?

Do I have the courage not to let others abuse my body?

Do I know what I can do to protect myself and my dependents from physical violence?

Do I like myself?

Do I know I am likeable?

Do I believe I can be lovable?

If I have been rejected by others, do I still think I am lovable?

Do I accept the possibility that I may indeed be a warm, loving human being?

Do I know I could be capable of a loving, deep relationship?

Do I associate with emotionally healthy people?

## Character Checklist

Date: \_\_\_\_\_

Aware of others                      Self-centered

Helpful to others                      Self-indulgent

Generous                                  Selfish

Thoughtful                              Self-pitying

Open-minded, gracious              Smug, stubborn

Constructively critical                Judgmental

Respectful                              Disrespectful

Patient                                    Impatient

Tolerant                                 Intolerant

Realistic                                 Unrealistic

Reasonable                              Unreasonable

Assertive                                Submissive

Cooperative                              Domineering

Outgoing                                 Withdrawn

Forgiving                                Resentful

Trusting                                 Suspicious

Trustworthy                              Prone to gossip

Content                                    Envious

Agreeable                                Disagreeable

Cheerful                                 Depressed

Courteous                                Discourteous

Kind                                        Unkind

Loving, caring                         Indifferent

Discreet                                 Lacking discretion

Stable                                      Panicky, violent

Consistent                                Inconsistent

Sincere                                    Insincere

Honest                                     Dishonest

Willing to admit faults                Self-righteous

Humble                                    Arrogant

Calm                                        Worrisome