

Welcome...

This is a list of questions for working the 12 Step program for recovery from addictive behavior. You are invited to pick those questions that seem most relevant to your recovery and answer them to the best of your ability. In this way, you can better keep track of truly working your 12 Step program. And in truly working the program, then you can gain the benefits of 12 Step recovery.

Note that this does not claim to be a definitive list of questions or replace a therapist, good friend or sponsor in any way. In fact, this has started out from only one recovering addict's attempt to help you in your recovery process. It is hoped that this questionnaire will help you gain more insight, strength, and sense of closure as you work the program. You are invited to use it only as it works well for you.

Note also that the process of recovery can be a very delicate process. It may be one of the most important and difficult things that you ever do in your life, so you are admonished to be gentle with yourself, get outside help when you need it and make time for nurturing activities in this process. This is not to say that you should not be diligent (that is the purpose of these questions, to help you actually work the program). But in finding the right balance between diligence and gentleness, you will hopefully greatly enhance your process of recovery.

- *Have you seriously damaged your relationships with other people because of your addictive behaviors? If so, list the relationships and how you damaged them.*
- *If other people have told you how you have hurt them, then write down what they said.*
- *Describe any missed appointments that resulted from your addictive behaviors.*
- *Describe any memory lapses where you cannot account for where you were.*
- *Describe any times that you cannot recall how you got home.*
- *Describe times and ways that you have significantly neglected or damaged relationships with your loved ones in order to indulge in your addictive behaviors or because you were recovering from your addictive behaviors.*
- *Describe any illnesses that have resulted from your addictive behaviors.*
- *If your addictive behavior contributed to excessive spending, describe the situations and why you did it.*

Describe times that you have withdrawn from social interaction and isolated yourself to an extreme degree and why.

- *Describe incidents where you expressed inappropriate anger towards other people.*
- *Describe embarrassing or humiliating incidents in your life. Were they related to your addictive behaviors? If so, how were they related?*
- *Describe attempts that you have made in the past to control your addictive behaviors. How successful have they been? Do these attempts show the powerlessness that you have over your addictive behaviors?*
- *Do you feel any remorse from the ways that you have acted in your life? If so, explain that in detail.*
- *Describe any irrational or crazy set of events that have happened since you began your addictive behavior. Did you rationalize this behavior? If so, in what way?*
- *Have you avoided people because they did not share in or approve of your addictive behavior? If so, list these people and situations.*
- *Describe any dreams that you have had that exhibit the unmanageability or chaos of your life.*

- *Can you pinpoint one time period in your life when your life began to become extremely unmanageable? If so, describe that period of time and what was happening.*
- *Is there one incident or insight that made you realize that your life was unmanageable? If so, describe it in detail.*
- *How would you summarize the powerlessness and unmanageability of your life in the face of your addiction?*

Step 2 - I come to believe that a power greater than myself can restore me to sanity

- *What was the religion that your family of origin practiced or claimed to be a part of?*
- *List the positive and negative aspects as you see it of your family's religion.*
- *Have you made a break with your family's religion or have you stayed with it? Explain why you have taken your particular course of action.*
- *What other people have helped you to see the unmanageability of your life? Do they believe in a Higher Power and if so describe their belief as far as you know of it.*
- *Recall some of your best friends from childhood or adolescence. Describe what you liked best about them and what they liked best*

about you? Do you think that these qualities have any relationship to a Higher Power? Explain.

- *From the following list of groups, write Yes or No according to whether you could share in their values or not?*

Group	Share Values?
Twelve Step Group	
Conservative Christian church	
Liberal Christian church	
Synagogue	
Mosque	
Hindu temple	
Buddhist temple	
Unitarian or non-Christian church	
Non-religious ethical organization	
Activist Humanitarian group (a.g. Amnesty Intl)	
Environmental Organization (e.g., Sierra Club)	

- *Describe events, situations or people who have helped you to understand what a "Higher Power" or God is all about.*
- *Describe any dreams that you have had about a "Higher Power" or God, and what they mean to you.*
- *What have been your previous experiences with religion? How do think that this does or does not relate to your experience with God as you understand God.*

Step 3 - I make a decision to turn my will and my life over to the care of God as I understand God

- *What are your greatest fears about giving up control over your life to God as you understand God?*
- *What things, people or circumstances have you tried to control in the past and how has that turned out? Do you think that God will be able to handle your life better than you have?*
- *How do you feel in general about turning your life over to God?*
- *In what ways will you keep up the process of turning your life over to God? Possibilities include going to religious services, 12 Step meetings, meeting with others in recovery, writing a journal, service to others, meditation, reading, physical exercise, contacting your sponsor or engaging in therapy.*
- *How would you answer the question "Who am I"?*
- *How would you answer the question "Who is God"? In other words, describe God as you understand God.*
- *Describe who or what you trust and to what degree.*
- *In what do you find meaning now or think that you can find meaning in the future?*

- *How do you plan to celebrate or honor this step of turning your life over to the care of God?*
- *Describe any celebration or honoring activity that you have actually made in turning your life over to the care of God.*

Step 4 - I make a searching and fearless moral inventory of myself

- *Have you had any broken relationships? If so, describe them and how they hurt others or yourself. Describe any grudges, anger or resentment that you have over these relationships.*
- *Have you ever felt self-righteous? Explain when and the circumstances. Was this justified? Elaborate.*
- *What events or triggers have caused you to begin your addictive behaviors in the past? Describe situations, feelings, events, food or people that you seem to be a part of your life just before or during your addictive behaviors.*
- *Have you ever held a grudge? Did you try to get revenge? If so, explain the situation and how it played out, including whether or not someone else was hurt.*
- *Describe times that you have been oversensitive. Did this ever*

damage your relationship with others, or were you just trying to keep your own boundaries?

- *Describe the faults that you most detest in others. Do you have any of these traits yourself?*
- *Put a checkmark beside any of the following traits that you despise in others. Also check whether you see these traits in yourself.*

Traits that I Despise in Others					
Trait	In Others	In Myself	Trait	In Others	In Myself
Selfishness			Greedy		
Cowardice			Snobbish		
Dishonesty			Sarcastic		
Fearfulness			Hypercritical		
Controlling			Gossip		
Manipulative			Tightwad		
Intimidating			Harsh		
Power-hungry			Unforgiving		
Possessive			Verbally abusive		
Prejudiced			Physically abusive		
Overly dependent			Sexually abusive		
Procrastinating			Impatient		
Judgmental			Adulterous		
Preoccupied			Sneakiness		
Lying			Ungrateful		
Cheating			Cynical		
Intolerant			Bitter		
Self-Pitying			Full of Rage		
Jealous			Envious		
Insecure					

- *Have you failed to do things that you KNOW that you should have done? If so, then explain in detail.*

- *What are your fears? How have they caused you difficulty in your life?*
- *Describe your relationship with your friends, co-workers or neighbors. Is there something that you wish that you could do over again? If so, explain in detail.*
- *Describe your relationships with your family of origin. Do you have conflicts with any siblings or with your parents? Are you avoiding these matters in your family?*
- *Describe the earliest memories of your life. Did you share a similar personality with those in your family or were they very different than you? Do you think that these similarities or differences caused problems in your life? If so, explain.*
- *If you were to describe your family's major themes, what would they be?*
- *Describe your relationships with your nuclear family (spouse and children) if that is different now from your family of origin. Is there anything that you wish that you could erase from this part of your life?*
- *Describe in detail any major experiences in your life that you believe changed your life forever afterwards (good or bad).*

- *What decisions have you made in your life that made a significant impact on your life? How did you go about making those decisions?*
- *How much of your life have you used up already? If you drew a time line of your life, where would you be now?*
- *Put your major experiences and major decisions on a timeline. Is there a pattern of any kind?*
- *What are you most ashamed of in your life?*
- *Do you see any patterns in your addictive behaviors? If so, explain them in detail.*
- *What have you done to cover and conceal your addictive behaviors? What other deceptions did this lead to?*
- *What kind of personality do you exhibit at home? At school? At work? When no-one is around?*
- *What is so shameful in your life that you would not want to tell anyone? Who would you hurt if you told this?*
- *Write a summary of the highlights of your fourth step.*
- *How would you like to share your fourth step summary? What*

details would you like to make sure that are known? Write these details down in your summary and prepare the summary for presentation in your fifth step.

- *Describe any celebrations or honoring activities that you have done to honor the completion of your 4th step.*
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Step 4 Questions Mostly about Childhood

- *What kind of relationship did your mother have with her parents?*
- *What kind of relationship did your father have with his parents?*
- *Were you wanted at birth?*
- *Write out the circumstances of your family at the time of your birth - things such as family size, age differences, financial status and atmosphere. Was there laughter? arguing? depression? Were other relatives or people living with you?*
- *In general, what did your family think of you.*
- *How old were you at the birth of your brothers and sisters?*
- *How did you feel about new arrivals in your family?*
- *Were either of your parents sick enough to require hospitalization?*
- *Were you separated from any important family member? If so, was there fear or guilt about this separation. In other words, did YOU feel responsible?*

- *Did you feel threatened by the Boogey Man or the Devil if you misbehaved? If so, what were your fears in this regard?*
- *What kind of sexual curiosity did you have as a child? Did anyone know about this and, if so, how did they respond?*
- *Did you ever see anyone naked or mostly unclothed as a child? If so, how did you feel about this? How did those around you feel about this?*
- *What makes you feel uneasy in writing about your sexuality in your younger years?*
- *Were you afraid of the dark?*
- *Were you afraid to fight? Or were you afraid NOT to fight because of pressure from your father or older brothers or others?*
- *How did your parents punish you? Did they try to reason with you or was it physical?*
- *How did you react to punishment?*
- *What kind of marriage do you THINK that your parents had? If they fought did you resent it? Did it scare you? Were you used to break up their fights? Did you have to take sides?*

- *What were your parent's attitudes about religion?*
- *Did you ever feel confused or angry or put off by religion? Explain the details.*
- *How do you see the relationship between God and religion?*
- *Were you afraid of storms?*
- *This is my list all my feelings of guilt, fear, or resentment that I had toward any person in my life AS A CHILD (not my feelings now).*
- *What was the first time that you ever stole anything (if at all). Inventory all of your thefts.*
- *If you have ever masturbated, how old were you when you first tried this?*
- *Were you ever caught masturbating? If so, how did you feel? If you were never caught, how did you feel about it?*
- *What other kinds of sexual curiosity were you involved in, other family members - ANYTHING else)?*

Step 5 - I admit to God, to myself and to another human being the exact nature of my wrongs

- *After working through the fourth step questions, what do you realize about your limitations and capabilities?*
- *Describe any person who has helped you to see yourself more clearly and objectively in your process of recovery and of life.*
- *What qualities would you like to have in a sponsor? How do the people in the list of possible sponsors measure up to these criteria?*
- *Write down the names of the most trustworthy people that you know. Do you think that they would be willing or interested in being a sponsor for you?*
- *Describe your feelings and expectations about sharing your fifth step with your sponsor.*
- *List people that you can think of that you might share your story with. Write whether you think that they are a safe, risky or a bad choice to work your 5th step with.*

Person	Safe, Risky or Bad choice

- *Describe who you have chosen to be your sponsor and how they reacted when you approached them.*
- *Describe what it was like in sharing the fifth step. How did you feel before, after and during the process? Are you glad that you have done this?*
- *Describe any celebrations or activities that you have done in honor of completing the fifth step.*

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~~SUPPORT GROUP MEETING~~ * SIGN-IN SHEET

Clients Name: _____

	Meeting Name	Date	Time	Chairman	Chairman Phone#
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