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| **Considerations – Step One** | |
| Questions | Your answer – give example from your experience. |
| 1 Did I have an abnormal reaction to alcohol? |  |
| 2. Did I crave alcohol when I put alcohol in my body? |  |
| 3. Am I restless irritable and discontent, unless I can again experience the sense of ease and comfort which comes at once when taking a few drinks? |  |
| 4. Am I willing to consider that unless I experience an entire psychic change there is very little hope of recovery? |  |
| 5. Did I come in here to stop drinking or stop suffering? |  |
| 6. Can I take or leave alcohol alone? |  |
| 7. Was sufficient reason enough for me to stop or moderate – keep me sober? |  |
| 8. Have I lost the power of choice in drink? |  |
| 9. Is my so-called will power practically non-existent? |  |
| 10. Am I unable at certain times to bring into my consciousness with sufficient force the memory of suffering and humiliation of even a week or a month ago? |  |
| 11. Am I without defence against the first drink? |  |
| 12. Can I choose not to drink? |  |
| 12. Am I having trouble with personal relationships? |  |
| 13. Can I control my feelings? |  |
| 14. Am I a prey to misery & depression? |  |
| 15. Am I having trouble making a living? |  |
| 16. Am I full of fear? |  |
| 17. Am I unhappy? |  |
| 18. Do I feel that I can’t seem to be of real help to other people? |  |
| 19. Can I stop drinking on the basis of self knowledge? |  |
| **20. Sit with me myself and I and really consider: Am I willing to concede to my innermost self that I have no power and I need a new manager?** | |

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| **Considerations – Step Two** | |
| Questions | Your answer – give example from your experience. |
| 1. Am I clear on what a real alcoholic is? |  |
| 1. Am I clear on what a non-alcoholic is? |  |
| 1. Am I willing to believe that I am suffering from an illness that only a spiritual experience will conquer? |  |
| 1. Do I have the power to conquer my alcoholism? |  |
| 1. Do I have the power not to drink? |  |
| 1. Did I become an alcoholic? (Am I now an alcoholic?) |  |
| 1. Was I crushed by a self-imposed crisis? (Or did someone else do it to me? |  |
| 1. Do I now believe or am I willing to believe that there is a power greater than myself? |  |
| 1. What is my choice – god is either everything or nothing? |  |

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| **Considerations – Step Three** | |
| Questions | Your answer – give example from your experience. |
| 1. Am I willing to ask god to take it away for good? |  |
| 1. Have I made the decision that I want what the authors in the book have? |  |
| 1. Am I willing to go to any length to have a spiritual experience? |  |
| 1. Do I believe that I am an alcoholic? |  |
| 1. Do I believe that I can’t manage my own life? |  |
| 1. Do I believe that no human power could relieve me of my alcoholism? |  |
| 1. Do I believe that god could and would if sought? |  |
| 1. Am I convinced I am an alcoholic? |  |
| 1. Am I convinced that I can’t manage my own life? |  |
| 1. Am I convinced that no human power could relieve me of my alcoholism? |  |
| 1. Am I convinced that god could and would if sought? |  |
| 1. Am I willing to consider that selfishness and self-centredness is the root of my troubles? |  |
| 1. Am I willing to consider that my troubles are of my own making? |  |
| 1. Am I willing to make a decision to turn my will and my life over to the care of god as I understand him? |  |
| 1. Do I want to be happy, joyous and free? |  |

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| **Step 4 - Moral Inventory** | | |
| **Character defect** | **Give examples of each** | **Who was affected? (Name names!)** |
| **Self pity** | Life’s no good, nobody loves me, everyone else gets partners and husbands, I’m alone, I might as well try to kill myself. | All who care for me – mum, brothers David & Phillip, sister Heather, friends Margie, Natalie, Jo and Joanne. |
| **Self justification** |  |  |
| **Self importance** |  |  |
| **Self condemnation** |  |  |
| **Criticizing** |  |  |
| **Negative thinking** |  |  |
| **Vulgar immoral thoughts** |  |  |
| **Insincerity** |  |  |
| **Procrastination** |  |  |
| **Dishonesty** |  |  |
| **Impatience** |  |  |
| **Hate** |  |  |
| **Envy/Jealousy** |  |  |
| **Laziness** |  |  |
| **Lying** |  |  |
| **Gossip** |  |  |
| **Selfishness** |  |  |
| **Anger** |  |  |
| **Violence** |  |  |
| **Others?** |  |  |

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| **Resentments & Fears** | | | | |
| ***Person or institution & why resentful*** | ***How I treat that person or institution*** | ***Have I done what they do to someone or something (eg. institution)*** | ***How I keep the resentment alive*** | ***FEARS What do I fear I will not receive?***  ***What am I afraid will/will not happen?***  ***What do I fear they will do?*** |
| MOTHER  abandoned me twice, treated me as less than my siblings, racist, judgemental, critical, self-opinionated, extremely manipulative | I withhold the love a daughter should have by not contacting her regularly,  made sarcastic comments,  lash out / react badly to her comments | I abandoned the father of my child, think I’m better than others, find fault all the time with everything | Re-runs in my head, justifying my behaviour towards her. I talk about her abandoning me to anyone who’ll listen, mental conversations about what I should have said to hurt her feelings | She doesn’t accept me for who I am, I will never get her approval.  She will never love me as much as her other children.  I’m alone, unloved, unloveable, not good enough |
| Father |  |  |  |  |
| Siblings by name |  |  |  |  |
| Children by names |  |  |  |  |
| Partner |  |  |  |  |
| Friends |  |  |  |  |
| Workmates / boss |  |  |  |  |
| Real Estate agent / Centrelink etc |  |  |  |  |

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| **Step 4 - Fears** |
| **Just list fears, (economic insecurity, sexual insecurity, social fears, fear of being alone, ridiculed, persecuted, ignored, being laughed at etc.)** |
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| **Considerations – Step Five** | |
| Questions | Your answer – give example from your experience. |
| 1. Am I delighted? |  |
| 1. Can I look the world in the eye? |  |
| 1. Can I be alone at perfect peace and ease? |  |
| 1. Have my fears fallen from me? |  |
| 1. Have I begun to feel the nearness of my creator? |  |
| 1. Do I feel strongly that the drink problem has disappeared? |  |
| 1. Do I feel I am on the broad highway walking hand in hand with the spirit of the universe? |  |
| 1. Have I omitted anything? |  |
| 1. Have I admitted that I have no power over alcohol? |  |
| 1. Have I admitted that I need a new manager? |  |
| 1. Have I come to believe that a power greater than me can restore me to sanity? |  |
| 1. Have I made that decision to turn my will and my life over to the care of god as I understand him? |  |
| 1. Have I made a searching and fearless moral inventory of myself? |  |
| 1. Have I admitted to myself, god and another person the exact nature of my wrongs? |  |
| 1. Is my work solid so far? |  |
| 1. Are the stones properly in place? |  |
| 1. Have I skimped on the foundation? |  |
| 1. Have I tried to make mortar without sand? |  |

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| **Considerations – Step Six - Read Step 6 from big book page 76 paragraph 1**. | |
| Questions | Your answer – give example from your experience. |
| 1. Am I now ready to let god remove everything that is objectionable? |  |
| 1. Can he now take them all, every one? |  |

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| **Considerations – Step Seven** |
| Step 7 - read big book and say prayer on page 76 paragraph 2 line 1. |

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| **Steps 8 & 9** |
| Steps 8 & 9 – read big book pages 76 to 83 |

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| **Step 9 – Making amends** | | | |
| “I have some amends to make to you, are you open to hearing them?” Ask if they would like to receive the amends on phone, in writing or in person. | | | |
| Person | List the harms you have done to them | After you have listed the wrongs, say | What can you do to right the wrongs? (Write down amends). |
| Mother | I was wrong when I . . . | “I am truly sorry, you did not deserve to be treated that way.  What can I do to right these wrongs?” |  |
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| Is there anything else I have done that has caused you harm? |  |
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| Father | I was wrong when I . . . | “I am truly sorry, you did not deserve to be treated that way.  What can I do to right these wrongs?” |  |
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| Is there anything else I have done that has caused you harm? |  |
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|  | I was wrong when I . . . | “I am truly sorry, you did not deserve to be treated that way.  What can I do to right these wrongs?” |  |
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| Is there anything else I have done that has caused you harm? |  |
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|  | I was wrong when I . . . | “I am truly sorry, you did not deserve to be treated that way.  What can I do to right these wrongs?” |  |
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| Is there anything else I have done that has caused you harm? |  |
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|  | I was wrong when I . . . | “I am truly sorry, you did not deserve to be treated that way.  What can I do to right these wrongs?” |  |
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| Is there anything else I have done that has caused you harm? |  |
|  | I was wrong when I . . . | “I am truly sorry, you did not deserve to be treated that way.  What can I do to right these wrongs?” |  |
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|  | I was wrong when I . . . | “I am truly sorry, you did not deserve to be treated that way.  What can I do to right these wrongs?” |  |
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| Is there anything else I have done that has caused you harm? |  |
|  | I was wrong when I . . . | “I am truly sorry, you did not deserve to be treated that way.  What can I do to right these wrongs?” |  |
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| Is there anything else I have done that has caused you harm? |  |
|  | I was wrong when I . . . | “I am truly sorry, you did not deserve to be treated that way.  What can I do to right these wrongs?” |  |
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| Is there anything else I have done that has caused you harm? |  |

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| **Considerations – Step Ten** | |
| Questions | Your answer – give example from your experience. |
| 1. How am I going to know if I am in fit spiritual condition? |  |
| 1. Have I ceased fighting anything or anyone even alcohol? |  |
| 1. Has sanity returned? |  |
| 1. Am I seldom interested in liquor? |  |
| 1. Do I recoil from alcohol as from a hot flame? |  |
| 1. Do I react sanely and normally? |  |
| 1. Does this happen automatically? |  |
| 1. Do I have a new attitude towards liquor and is it without effort on my part? |  |
| 1. Have I been placed in a position of neutrality, safe and protected? |  |
| 1. Has the problem been removed? |  |
| 1. Am I willing to do the disciplines required to be kept in fit spiritual condition? |  |

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| **Considerations – Step Eleven** | |
| Questions | Your answer – give example from your experience. |
| 1. Was I resentful, selfish, dishonest or afraid today? |  |
| 1. Do I owe an apology? |  |
| 1. Have I kept something to myself that should be discussed with someone at once? |  |
| 1. Was I kind and loving towards all today? |  |
| 1. What could I have done better? |  |
| 1. Was I thinking of myself most of the time today? |  |
| 1. Was I thinking of what I could do for others, of what I could pack into the stream of life? |  |
| 1. Have I asked for forgiveness and what corrective measures need to be taken? |  |

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| **Considerations – Step 12** | |
| Questions | Your answer – give example from your experience. |
| 1. Do I want to quit for good and am I willing to go to any lengths to do so? |  |
| 1. What would happen to AA if everyone did AA in sobriety the way your’re doing it today? |  |
| 1. Do I have a foundation stone of my recover? |  |
| 1. Am I working with others and am I helping others? |  |