

You're Sober - Now What? A 12-week Series  
QUESTIONS REGARDING TRADITION ONE

1. AM I WILLING TO LISTEN TO THE IDEAS, FEELINGS AND OPINIONS OF OTHERS WITH AN OPEN MIND?
2. AM I BEGINNING TO OUTGROW MY SENSITIVITY? (REMEMBER, OUR BIG BOOK SAYS IT TAKES SOME OF US A LONG TIME TO OVERCOME THIS ASPECT OF OUR EMOTIONAL IMMATURITY!) IS IT ALWAYS ABOUT ME, ME, ME?
3. AM I BEGINNING TO OUTGROW MY NEED TO BE RIGHT?
4. HAVE I COME TO BELIEVE THAT I MUST ACT MY WAY INTO GOOD THINKING, I CAN'T THINK MY WAY INTO GOOD ACTING?
5. DO I PROMOTE HARMONY AND UNITY IN ALL MY RELATIONSHIPS, NO MATTER HOW FLEETING?
6. DO I PAUSE WHEN AGITATED OR DOUBTFUL?
7. DO I KEEP THE SPOTLIGHT ON ME OR DO I FOCUS ON THE FAULTS OF SOMEONE OUTSIDE OF ME AND DEMAND THEY CHANGE SO I'LL FEEL BETTER?
8. AM I STILL VIEWING MYSELF AS A "VICTIM" OF LIFE?
9. AM I STILL HOLDING ONTO MY "OLD IDEAS" OF RIGHT AND WRONG IN RELATIONSHIPS (AND EVERYTHING ELSE) BASED ON THE ASSUMPTIONS I MADE AS A CHILD?
10. HAVE I COME TO BELIEVE THAT I MAY HAVE TO LEARN HOW TO HAVE HEALTHY RELATIONSHIPS?

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11. HAVE I LEARNED THE GROUND RULES FOR "FAIR FIGHTING" AND INCORPORATED THEM INTO MY RELATIONSHIPS? (FIRST, DISCUSS WHAT *EACH* OF THESE GROUND RULES MEANS TO EACH OF US SO WE'RE BOTH ON THE SAME PAGE IN THE DISCUSSION)

Example Ground Rules---

- 1) REMAIN CALM THROUGHOUT THE DISCUSSION
- 2) BE SPECIFIC ABOUT WHAT IS BOTHERING YOU
- 3) DEAL WITH ONLY ONE ISSUE AT A TIME
- 4) LEAVE THE PAST IN THE PAST. DON'T BRING UP PAST "SINS"
- 5) AVOID ACCUSATIONS
- 6) DON'T GENERALIZE (SEE #2 ABOVE)
- 7) AVOID CLAMMING UP; AVOID THE SILENT TREATMENT