

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

1. DO I UNDERSTAND AND HONOR THE CONCEPT OF "UNITY"?
2. AM I WILLING TO STAY IN THE RELATIONSHIP WITH A GOAL OF GROWTH IN THAT RELATIONSHIP?
3. HAVE I MADE THAT 100% COMMITMENT TO MY PARTNER?
4. IS EACH PERSON IN THE RELATIONSHIP AUTONOMOUS (SELF-GOVERNING) EXCEPT IN MATTERS AFFECTING EACH OTHER, THE RELATIONSHIP ITSELF, OR OTHERS IN OUR LIVES?
5. AM I RESPONSIBLE IN MY AUTONOMY? DO I SEE HOW MY ACTIONS AFFECT THE RELATIONSHIP AS A WHOLE?
6. HAVE I MADE MY PARTNER MY HIGHER POWER?
7. HAVE I MADE OTHER THINGS/PEOPLE MY HIGHER POWER?
8. AM I MY HIGHER POWER?
9. AM I LOOKING OUTSIDE MYSELF FOR PEACE AND CONTENTMENT?
10. DO I EXPECT HIM/HER TO CHANGE SO I'LL FEEL BETTER?
11. DO I DEFINE MYSELF AS A VICTIM, OR DO I SEE THAT I REALLY AM A VOLUNTEER MOST OF THE TIME?
12. DO I EXAMINE MY "OLD IDEAS" ABOUT THE RIGHT/WRONG WAY TO DO THINGS AND DISCUSS THESE PERCEPTIONS?
13. OBJECTIVELY WITH MY PARTNER AS THEY CROP UP IN OUR DAY-TO-DAY RELATIONSHIP?
14. AM I WILLING TO WORK HARD TO IMPROVE MY COMMUNICATION SKILLS?
15. AM I WILLING TO LEARN TO COMMUNICATE ASSERTIVELY?

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DO I REACT?

1. DO I FORGET MY 12 STEP PROGRAM IN THE HEAT OF BATTLE?
2. DO I FIGHT AGGRESSIVELY?
3. DO I FIGHT PASSIVELY?
4. DO I INSIST HE IS MAKING ME FEEL THIS WAY?
5. DO I DEVELOP A LONG LIST OF "SHOULD'S" FOR HIM?
6. DO I POUT?
7. DO I INSIST THAT IF HE LOVED ME, HE SHOULD BE ABLE TO READ MY MIND?
8. DO I GET ANGRY, AND DO I TAKE OUT MY ANGER ON SOMETHING OTHER THAN MY PARTNER? THE DOG?
9. DO I RUN AWAY? DO I SLEEP ON THE COUCH? DO I GIVE HIM THE SILENT TREATMENT?
10. DO I BECOME THE VICTIM? AM I A MARTYR?
11. DO I JUSTIFY MY POSITION?
12. DO I GET DEFENSIVE?

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13. DO I INTERRUPT? DO I INTERRUPT TO JUDGE OR CRITICISE? WHAT MESSAGE AM I COMMUNICATING WHEN I NEGATIVELY JUDGE OR CRITICISE
14. DO I COMPLAIN BACK AT HIM IF HE COMPLAINS ABOUT SOMETHING I DID OR SAID?
15. DO I TRY TO "FIX" MY PARTNER OR ANYONE ELSE?

DO I RESPOND?

1. DO I ACKNOWLEDGE HIS RIGHT TO HIS FEELINGS EVEN IF I DON'T AGREE WITH THEM?
2. AM I WILLING TO PRACTICE "ACTIVE LISTENING?" AM I WILLING TO LEARN THE TECHNIQUES OF ACTIVE LISTENING?
3. IN DIFFICULT TIMES, AM I ABLE TO FIRST CHECK MY COMMUNICATION SKILLS TO SEE IF THAT IS REALLY WHERE THE PROBLEM LIES?
4. DURING DIFFICULT TIMES, DO I NEGLECT MY 12 STEP PROGRAM, SAYING "I DON'T HAVE TIME TO GO TO A MEETING, I HAVE TO SIT HERE AND THINK ABOUT MY DIFFICULT TIMES!"
5. AM I WILLING TO LEARN AND TO PRACTICE "EMOTIONAL DETACHMENT?"
6. DO I RESPOND TO LIFE WITH LOVE OR FEAR? WHY?

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7. *DO I STILL MAKE A DAILY GRATITUDE LIST?*
8. *DO I PRACTICE "RULE 62" IN MY RELATIONSHIPS?*