

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

1. DO I CONSIDER OUR RELATIONSHIP TO BE ONE OF EQUALS?
2. AM I SUPPORTIVE AND ENCOURAGING OR AM I CRITICAL AND JUDGMENTAL OF MY PARTNER OR OTHERS?
3. DO I PRACTICE COMPASSION WHEN DEALING WITH OTHERS? DO I TRY TO EMPATHIZE WITH THEIR FEELINGS AND LIFE-SITUATIONS?
4. DO I TAKE EVERYTHING PERSONALLY? IS IT ALWAYS ABOUT ME, ME, ME?
5. AM I A SEEKER? DO I TAKE THE ACTIONS ABSOLUTELY NECESSARY TO HAVE A SPIRITUAL WAY OF LIFE?
 - a. DO I PRAY AND MEDITATE IN MY OWN WAY?
 - b. DO I DO SPOT INVENTORIES THROUGHOUT THE DAY?
 - c. DO I TAKE A DAILY INVENTORY AND WHEN WRONG PROMPTLY ADMIT IT?
 - d. HAVE I LEARNED TO PAUSE WHEN AGITATED OR DOUBTFUL?
 - e. DO I ASK GOD FOR HELP WHEN I AM AGITATED OR DOUBTFUL?
6. DO I REGULARLY CONSULT MY SPONSOR OR SPIRITUAL ADVISOR TO CHECK ON MY MOTIVES FOR MY DECISIONS? OR AM I STILL RIGOROUSLY SELF-RELIANT?
7. DO I RESPOND, OR DO I REACT TO LIFE?

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

8. DO I HEAR WHAT THE OTHER PERSON IS ACTUALLY SAYING?
 - a. DO I ASK QUESTIONS ABOUT WHAT THE OTHER PERSON IS SAYING?
 - b. WHEN I REPEAT BACK WHAT I HAVE HEARD, IS IT THE SAME AS WHAT THE OTHER PERSON HAS SAID?
9. HAVE I LEARNED THAT TO REALLY LISTEN, I HAVE TO STOP PLANNING MY KILLER ANSWER WHILE THE OTHER PERSON IS STILL TALKING?
10. DO I TAKE TURNS IN MY CONVERSATIONS OR DO I PRESENT A WALL OF WORDS, A MONOLOGUE ON HOW I'M RIGHT AND YOU ARE WRONG?
11. AM I DEFENSIVE WHEN THERE'S NO ONE ATTACKING ME?
12. DO I "TALK OVER" THE OTHER PERSON TO AVOID HEARING THEM?
13. DO I "YES, BUT" THEM WITH A CLOSED MIND? ("WHY DON'T YOU" - "YES, BUT...")
14. DO I CONSISTENTLY BRING ALL THE OLD GARBAGE FROM THE PAST AND DUMP IT ON THE CURRENT TABLE?
15. DO I SULK, PLAY THE MARTYR, GET ANGRY OR LEAVE WHEN I'M NOT GETTING MY WAY IN A "DISCUSSION"?

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

16. AM I ABLE TO CALL A "CEASE FIRE" AND START OVER WHEN THE CONVERSATION BECOMES HEATED?
17. DO I TRY TO PRACTICE *OTHER-CENTEREDNESS*? WHAT DOES THIS MEAN TO ME?
18. DO I POINT OUT TO OTHERS THE WAYS IN WHICH THEY ARE NOT LIVING UP TO MY SPIRITUAL EXPECTATIONS? DO I TRY TO PROMOTE (FORCE) MY WAY OF LIFE ON OTHERS?
19. DO I *PREACH*, OR DO I *LIVE* MY PRINCIPLES? HAVE I BECOME MORE LOVING, FORGIVING AND UNDERSTANDING AS I STAY SOBER?
20. HAVE I DEVELOPED AN ATTITUDE OF GRATITUDE AND DO I PRACTICE IT? HOW?
21. DO I WRITE A GRATITUDE LIST EVERY DAY?
22. DO I DO SOMETHING NICE FOR SOMEONE EVERY DAY AND NOT LET THEM KNOW ABOUT IT? (THIS IS AN EXERCISE IN ANONYMITY AND THEREFORE HUMILITY.)

5 Needs

1. Need to be right
2. Need to control people, places and things
3. Need for self-sufficiency
4. Need to judge
5. Need to be perfect