

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

1. IS MY SELF ESTEEM BASED *INSIDE* OF ME RATHER THAN *OUTSIDE* OF ME (IN THE OPINIONS OF OTHER PEOPLE, THE NEED FOR APPROVAL, ETC.?)
2. AM I DEPENDENT ON OTHERS FOR MY EMOTIONAL WELL BEING? (CAN THE ANGER OR DISAPPROVAL OF ANOTHER PERSON RUIN MY WHOLE DAY?)
3. DO I BLAME OTHERS FOR HOW I FEEL? WHY?
4. AM I THE HIGHER POWER FOR THE OTHER PERSON IN THE RELATIONSHIP? (PARTNER, PEOPLE I SPONSOR, GROWN CHILDREN, ETC.?)
5. DO I UNDERSTAND THAT WHEN I TRY TO CONTROL OTHERS, I AM GIVING CONTROL TO THEM? EXPLAIN.
6. DO I HAVE TO HAVE A RELATIONSHIP IN MY LIFE IN ORDER TO FEEL WHOLE? WHY?
7. DO I UNDERSTAND THAT I AM RESPONSIBLE FOR MY OWN PHYSICAL, EMOTIONAL AND SPIRITUAL MAINTENANCE AND GROWTH? (READ IN THE 12 X 12, STEP 10: "IT IS A SPIRITUAL AXIOM THAT WHENEVER I'M UPSET THE FAULT LIES WITHIN ME" ....)
8. DO I SUFFER FROM A FEELING OF "ANXIOUS APARTNESS"? WHAT DOES THAT MEAN TO ME?
9. DO I TAKE RESPONSIBILITY FOR MY OWN FEELINGS OR DO I BLAME OTHERS FOR THEM?

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10. DO I BELIEVE I GENERATE MY OWN FEELINGS FROM WITHIN ME? WHY?
11. DO I BELIEVE I AM RESPONSIBLE FOR THE FEELINGS OF OTHERS? WHY?
12. DO I BELIEVE THAT ACCEPTANCE OF LIFE ON LIFE'S TERMS IS THE ANSWER? (READ THE STORY IN THE 4<sup>TH</sup> EDITION BIG BOOK "ACCEPTANCE WAS THE ANSWER")
13. DO I TRY TO LIVE IN THE MOMENT, IN THE "NOW"? WHY?
14. AM I AN EQUAL IN MY RELATIONSHIPS?
15. AM I WILLING TO MAKE THE CHANGES IN MYSELF IN ORDER TO HAVE HEALTHY RELATIONSHIPS? HOW WILL I BEGIN?
16. HAVE I SUFFERED FROM ADDICTIONS IN MY LIFE PRIOR TO MY ADDICTION TO ALCOHOL? DESCRIBE THESE ADDICTIONS.
17. HAVE I SUFFERED FROM ADDICTIONS IN MY LIFE AFTER COMING INTO ALCOHOLICS ANONYMOUS? DESCRIBE THESE ADDICTIONS

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**QUESTIONS REGARDING BOUNDARIES**

1. WHAT ARE PERSONAL BOUNDARIES?
2. DO I HAVE HEALTHY BOUNDARIES OR NONE AT ALL?
3. IF I UPSET OR HURT SOMEONE BY ESTABLISHING BOUNDARIES, HOW DO I HANDLE IT?
4. HOW DO I DEAL WITH SOMEONE WHO WANTS MY TIME, LOVE, ENERGY OR MONEY?
5. DO I FEEL GUILTY OR AFRAID TO SET BOUNDARIES?
6. DO I FEEL I AM BEING SELFISH WHEN I SET BOUNDARIES?
7. DO I COMMUNICATE MY NEEDS TO OTHERS OR DO I KEEP SILENT AND MAKE THEM GUESS?
8. DO I OVEREXPLAIN IN ORDER TO JUSTIFY MYSELF?
9. DO I ESTABLISH CONSEQUENCES FOR VIOLATING MY BOUNDARIES? DO I ENFORCE THESE CONSEQUENCES?
10. DO I HAVE PHYSICAL BOUNDARIES?
11. DO I HAVE EMOTIONAL BOUNDARIES?
12. DO I HAVE TIME BOUNDARIES?
13. DO I HAVE INTELLECTUAL BOUNDARIES?
14. DO I HAVE MATERIAL BOUNDARIES?