

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

1. AM I ABLE AND WILLING TO ALIGN MY "WELTANSCHAUUNG" (MY WORLD VIEW) WITH MY PARTNER TO ARRIVE AT MUTUALLY AGREED UPON SOLUTIONS TO ORDINARY PROBLEMS?
2. AM I FLEXIBLE IN MY EXPECTATIONS OF THE OTHER IN OUR RELATIONSHIP? AM I ABLE TO COMPROMISE?
3. BECAUSE I HAVE DONE A PROPER 4TH STEP, HAVE I BECOME TRULY AWARE OF MY CHARACTER DEFECTS?
4. AM I WILLING TO KEEP AN OPEN MIND AND AN OPEN HEART IN LISTENING TO MY PARTNER, SPONSOR, GROWN CHILD, BOSS, CO-WORKER OR FRIEND?
5. AM I ABLE TO LOOK AT MY LIFE AND THE PEOPLE, PLACES, AND THINGS IN IT, FROM AN ENTIRELY DIFFERENT ANGLE?
6. DO I KNOW WHAT IS ACCEPTABLE AND UNACCEPTABLE TO ME IN MY RELATIONSHIPS?
7. DO I ALLOW UNACCEPTABLE BEHAVIOR BY HAVING A "PEACE AT ANY PRICE" ATTITUDE?
8. DO I PRACTICE "LOVE AND TOLERANCE OF OTHERS" IN MY RELATIONSHIPS? HOW ABOUT "LIVE AND LET LIVE"?
9. IN ANY IMPORTANT RELATIONSHIP, ARE WE TOGETHER FOR INDIVIDUAL SPIRITUAL GROWTH?

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10. WHEN TALKING ABOUT MY IDEAS ABOUT LIFE, DO I ASK MYSELF, "WHO TAUGHT ME THIS ATTITUDE?" "IS IT TRUE FOR ME TODAY?" "IS THIS AN IDEA THAT AS A GROWN-UP I WANT TO KEEP?"
11. IS AN ATTITUDE OF "HOW IMPORTANT IS IT?" ONE OF MY FAVORITE SOLUTIONS WHEN I'M UPSET?
12. DO I ABIDE BY RULE 62? ("DON'T TAKE YOURSELF SO SERIOUSLY" 12 X 12, TRADITION 4)
13. DO I PRACTICE REAL ACCEPTANCE, WHETHER I *APPROVE* OR NOT?
14. DO I BELIEVE THAT "MEETING MAKERS" NEED MORE THAN MEETINGS? WHY?
15. HAVE I BECOME COMPLACENT ABOUT MY SOBRIETY, MY RELATIONSHIPS, MY LIFE? WHAT DOES THIS MEAN TO ME?
16. DO I HAVE AN AGREED-UPON PLAN WITH MY PARTNER, SPONSOR, BOSS, FRIEND, GROWN CHILD, IF I RELAPSE INTO DRINKING?
17. DO I UNDERSTAND THE IDEA OF "RELAPSE" AND THAT IT IS A PROCESS, NOT AN EVENT? EXPLAIN "RELAPSE". EXPLAIN "PROCESS".
18. WHAT IS THE MAIN ACTION I CAN DO TO GUARANTEE HAPPY, LONG-TERM SOBRIETY?