

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

1. DO I DO MY BEST TO PRACTICE THE SLOGAN "LIVE AND LET LIVE" IN EVERY RELATIONSHIP NO MATTER HOW TEMPORARY?
2. WHAT DOES THIS SLOGAN MEAN TO ME?
3. DO I WORK ON MY OWN RECOVERY PROGRAM RATHER THAN MY PARTNER'S?
4. DO I PRACTICE TRADITION TEN IN ALL MY AFFAIRS? WHY? HOW?
5. HOW DOES *POWERLESSNESS* APPLY IN MY RELATIONSHIPS?
6. HAVE I TURNED MY LIFE, MY WILL AND MY PARTNER OVER TO THE CARE OF GOD?
7. AM I AS AWARE OF MY CHARACTER DEFECTS AS I AM OF MY PARTNER'S?
8. DO I TAKE AN INVENTORY EVERY DAY AND WHEN I'M WRONG PROMPTLY ADMIT IT?
9. DO I TREAT EVERY RELATIONSHIP, ESPECIALLY THE ONE WITH MY PARTNER, WITH THE SAME LOVE AND TOLERANCE THAT I TREAT ANY NEWCOMER IN A.A.?
10. DO I STILL BLAME OTHERS FOR HOW I FEEL? WHY?
11. WHAT DO I GET OUT OF CONTINUING TO BE A VICTIM ?

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12. DO I OFTEN HAVE HEATED ARGUMENTS WITH MY PARTNER? IS THERE A RECURRING ISSUE WHICH SEEMS TO INITIATE THE CONTROVERSY? WHY IS IT RECURRING AND NOT RESOLVED?
13. IN ORDER TO AVOID AN UNNECESSARY ARGUMENT, DO I PAUSE WHEN AGITATED OR DOUBTFUL, OR DO I IMMEDIATELY BEGIN TO DEFEND MYSELF?
14. DO I ALLOW MY PARTNER TO DISAGREE WITH MY IDEAS WITHOUT FEELING REJECTED OR BECOMING DEFENSIVE?
15. CAN I DISAGREE WITHOUT BEING DISAGREEABLE? WHAT DOES THIS MEAN?
16. IS IT IMPORTANT FOR ME TO ALWAYS BE RIGHT? WHY?
17. DO I GOSSIP NEGATIVELY ABOUT MY PARTNER TO ANYONE WHO WILL LISTEN? DO I COLLECT "SYMPATHY VOTES?" AM I STILL A VICTIM?
18. WHAT CAN I DO TO MAKE AMENDS FOR THE HARM I HAVE CAUSED IN THE PAST BY MY STRUGGLES FOR CONTROL IN MY RELATIONSHIPS?
19. WHAT A.A. TOOLS CAN I USE TO AVOID AN ARGUMENT BEFORE IT BEGINS?
20. DO I DO MY BEST TO PRACTICE "LIVE AND LET LIVE" IN EVERY RELATIONSHIP, NO MATTER HOW TEMPORARY?