

WHY A "REVISED EDITION"?

The original Fourth Step Inventory, written over 10 years ago, needed revision for three reasons.

- ? Two major areas were not included in the original inventory and are in this one: military service (including Vietnam) and Alanon.
- ? Some unnecessary questions from the original needed to be deleted; they simply invited philosophizing, not inventorying.
- ? The original asked far too many "Yes/No" questions. Rather than examine self, a person could just go through the questions in a "True/False" format. Most of these questions have been changed to ask about harmful affects and feelings if a person indeed acted in a certain fashion. The questions are much more probing, therefore. (Occasionally "Yes/No" questions are used in this guide, usually in parentheses, as prods to areas to examine for harmful actions and experiences.)

PLEASE DO NOT READ AHEAD!!!!

This outline is so long and there are so many questions, that you're sure to get discouraged if you read ahead. Just read this introduction and start writing.

You get nothing for nothing and damn little for two cents in this world. So if you put two cents into a Fourth Step, don't be surprised if you get damn little out of it. If you put a lot into it, you should get a lot out of it. This outline is designed to help you put a lot into your Step. It is not the only way to do the Step. *Whatever best helps you is the way you should try to write your Step.* Some people need help to suggest areas about which they should write. This outline provides that.

It consists of series of questions arranged in broad general areas. Start reading the questions. *If a question or series of questions does not apply to you, do not write anything.* If a question does apply, just write the number of the question (like "A6") and your answer. There is no need to write out the question at all. If a question suggests something else to you, *please write the suggestion that occurs*, then come back to the outline. If you have covered an event or a feeling in answering one question *DO NOT write the same thing because another question covers it.* Just write any new material or feelings covered by the later question. There's far more questions here than you'll need. Don't make any more work for yourself than you need. But please read each question. You may feel that none of the questions in an area apply to you (like the section on "Marriage" if you're single) but there may be a few very important side issues raised in the section. You'll waste very little time reading each question, and may open up some very important doors in doing so.

A bit of advice on how to write. (1) The hardest way to write the Fourth Step is with the Fifth Step in mind. **Write your inventory certain that no one will ever read it.** That's the only way to be fully honest. As soon as you think of sharing this writing with someone, you'll start coloring what you write making yourself look far better than you are. (2) Write what *you* feel. If you think someone is a "son of a bitch", write it--that's what you feel. (3) Please do not be concerned with spelling, punctuation, and grammar--no one is going to publish your work; please do not edit what you write--do not cross out anything. (4) *You might do best if you never read what you've written.* Sometimes we read our inventory again and again to wallow in the slime, to punish ourselves with how bad we've been. Just read the questions, write what you feel, and go on. (5) What you did and what you feel are the important things to cover; what others *did* and what you *feel* are the important things to write. Why you acted, what you thought--these are absolutely unimportant. Often they are "head trips" which you will use to explain away bad actions. Anytime you write anything, cover what you felt when it happened and what you feel about it now. (6) If something is very painful to write about, include your present difficulty in your inventory; it is part of you. (7) Don't worry about perfection; we strive for progress. In answering the questions, if you're not deliberately closed, refusing to write what you know you should, then you're "open"; if you're not deliberately dishonest, making something deliberately less bad than it was then you're "honest"; and if you're "honest" and "open" then you're "willing". And the Step will work. "Why" you do a Step is unimportant; "how" you do it is crucial. (8) None of us have totally good motives for anything we do. Don't wait until you feel better before you start writing. That's like a person with cancer waiting until the pain is over before submitting for surgery. It may be too late.

And finally, when you're about one-third through and see how fast you're writing, arrange the person and date for your Fifth Step. You don't want to sit on all this garbage. Nor do you want to arrange the date before you start writing: you may not be able to finish, or may have to hurry what you write.

Don't do the Fourth Step until you take the Third Step--you won't be able to look at yourself without some Power taking "care" of you. But as soon as you've made your decision, the Big Book says to start writing. Some people feel their Third Step isn't right because they still have flaws, sins, defects. Of course--they're supposed to! That's why there are Steps Four, Five, Six, Seven, Eight, and Nine. So no excuses, no postponements. Go to the first question now, read it, break the ice and start writing.

Hope to meet you on that broad highway!

FEEL FREE TO DUPLICATE AND IMPROVE THIS AS YOU DESIRE.

A. FAMILY

1. Whether she is dead or alive, take your mother's inventory, listing as far as possible all the things that are wrong with her, all the things that you would like to change or to improve about her.
2. List all the things, throughout your entire life but especially in childhood, that your mother did that hurt you. List all the things for which *she should make amends to you* (whether she is dead or alive). Do not justify her actions--if they hurt you *with or without a good reason on her part*, list them.
3. List all the actions on your part that hurt your mother--all through your life. This should include all the things for which you will have to make amends to her. Again, do not justify. If you felt then (or now) that the action was wrong, list it.
4. Take your father's inventory, as you did with your mother.
5. List all the things your father did to hurt you.
6. List all the things you did to hurt your father.
7. If either parent is dead, write out any unpleasant memories of walking through the illness, death, and funeral. Tell how you heard of the illness and death, how you felt at the funeral, how you feel now about your parent being dead. Concentrate on any feelings of anger or guilt you have in connection with the death.
8. If your parents divorced, tell how you felt about the divorce. Which parent did you blame then? Now? If you felt responsible for the divorce, describe your guilt.
9. If your parents divorced, or separated, with which one did you live? How did you feel about being with this parent? Did you play your parents against each other to get your way? Did you feel responsible to bring them back together? Did the parent with whom you were raised want you? Did the other parent remember to call and visit you? *Write about how you feel and felt about all this?*
10. If you had step parents or foster parents, take the inventory of each of them. If you felt they resented raising you because you were not their child, write your experiences. If they had their own children, write if they treated you differently. List any negative feelings or experiences you had while in their home. How do you feel about them today? List all the things for which they owe amends to you. List all the things for which you owe amends to them.
11. If you were not raised by your parents for any considerable length of time, whether you remember it or know about it from others, write about the experience--and how you feel about your parents not raising you during this period. *Do not* justify.

12. If you spent some time in an orphanage or children's home, take the inventory of the supervisors of the home and the adults directly in charge of you. Again list any hurts they did to you and the reasons for any amends you owe them. Of course list all actions of yours that were wrong that you still remember, include all acts for which you owe amends.

13. Now take the inventory of every one of your brothers and sisters, living and dead. Start with the oldest and work to the youngest. Cover your entire life. For each one of them, tell what you don't like about their personality, briefly tell what they have done wrong with their lives, tell if they like you now and if you like them, and tell about any wrongs you ever did to them. In detail tell any hurts they did to you that you still remember *or have heard about from others*. As children, did they gang up with others against you? Describe your reactions and feelings. Did you gang up against them? Now describe what you did wrong to them, including when you were drinking.

14. Now take the inventory of the spouses (present ones and those dead or divorced) of your brothers and sisters. *Be brief*, but be sure to include any arguments you ever had with them, any sexual advances, any injuries.

15. In a sentence or two take the inventory of your brothers' or your sisters' children. (Unless somehow one of them is important in your life--*then go into detail*.) Tell what is wrong with them--are they spoiled, brats, "sissies"?

16. Take the inventory of all your step-brothers and sisters, or all your half-brothers and sisters using the general outline provided above. (#13). Of course you can be very brief unless they in some way are important in your life.

17. Now take the inventory of each of your grandparents. Tell how you saw them as a child. If you feared or disliked going to their home, be sure to tell why as clearly as you can. If you were raised by any of them for an important part of your life, go into greater detail on any unpleasant (fear, guilt, anger,) memories you have of this period.

18. Take the inventory of your mother's family. Briefly list any negative feelings you have about any of your mother's brothers and sisters. If you did something to them or if they did something to you, write it out. Then cover their wives or husbands in the same way. Finally do the same for their children. Of course you'll write very briefly about them--unless they are important in your life, then give them the detail they deserve.

19. Now do the same for your father's family.

20. Are there any uncovered areas that deal with your family? Write them out now. If the death of any family member affected you in a major way (now or then) write about what happened and how it affected you.

21. Is your family close today? Do you exchange Christmas cards, presents, calls? Do you get together? *How do you feel about this?* Do you miss closer family ties? If you feel your family interferes too much in your life, be sure to write about it.

22. Are you proud of your family blood? Are you proud or ashamed of your racial makeup? (Proud you're all or part Indian, Irish, German, Jewish). Do you blame your parents for what you're not proud of--for making you Polish, Catholic, Black, Native American? Write any negative feelings in this area, any secret envies for the blood lines of other people. If you experience being part of a "minority" this question can be important for you.

23. If you were ashamed to bring friends into your home, tell why. Do the same if you were ashamed of the way either of your parents looked, spoke, dressed, acted.

24. Did your parents encourage you to develop your talents? Did they discourage you by putting you down or surrounding you with fears? Are they proud of your success? Do they belittle it? Do they pressure you to succeed to overcome their feelings of failure? Are they proud of your sobriety? If you answer "yes" to any of these questions, *be sure to write how you felt and how you feel about this.*

B. CHILDHOOD

1. If the way your parents got along with their parents, (your grandparents) affected you at birth (or at any time of your life) write it out.
2. Did your parents want you? Write what you feel about this, now, and back as a child. Write about the times you were sure you were adopted. If your parents had to get married because of you, write any guilts you feel or any guilts either of them laid on you because of this. If either parent ever said anything to make you feel guilty about the inconvenience you caused them in birth, describe any negative feelings you experienced.
3. Are you illegitimate? How do you feel about this?
4. Are you adopted? How do you feel about this? Do you know your real parents? If so, what do you feel about them? If not, do you dream about your parents? Do you want to know them? How do you feel about being given up? Write about whether you find it harder to judge your adopted parents because you don't really belong to them and so can't be critical. If you wished someone else had adopted you, tell why.
5. Favorites: Who was your mother's? Your father's? Describe your reaction. (Were you jealous? If you were the favorite of either or both was this hard to live up to? Did you "slave" to earn the love?)
6. If you're an only child, tell whether you wished for brothers and sisters. Look at your relationship with your parents and write if either or both of them made too heavy emotional demands on you because you were alone. Describe your feelings if they tried to put you in a tug of war between them.
7. Write out any *significant* circumstances that affected your family when you were born: where your parents worked, health problems. Were your parents too young or too old to suit you? Write about any angers you experienced because of this.
8. What did you envy in the families of your friends? (Their parents? Their sisters or brothers? Their homes? Their neighborhoods?) These things are clues to what you were ashamed of in your family.
9. What did you feel then (and now) your family thought of you? Did your mother ever tell you she loved you? Was proud of you? Did she cuddle you? Was she open in showing physical love? (Don't be general--if you have no clear memory, the answer is no.) Were you "smothered" with love and protection? Or, the opposite, did you feel emotionally abandoned by either parent? *Now tell what you felt about how your mother went about loving and being proud of you.* Do the same for your father. If either parent committed emotional "incest" by developing too heavy demands on you, describe your relationship with that parent today and any lasting scars you still carry in other relationships.

10. When you were a child did either of your parents undergo major surgery? Write this even if you don't remember it but was told about it by others. If you remember, tell what you *felt*. Fear? Guilt? Anger? Who took care of you?

11. Was either parent jailed or did either parent do time in a penitentiary? Describe your feelings then and now about this. Include comments on whether you hid this from others and whether others insulted you about it. (Especially as a child when other children in their taunting can be so cruel).

12. Was either parent ever in a mental hospital? For what? Apply all the above (#11) questions here. If you're afraid that you too will one day be mentally insane, put your fears clearly on paper. Were you ever afraid of this? If you see any signs of your parent's illness in you (or think you do) put this on paper with your emotional reaction to this insight.

13. If any member of your immediate family or any very close friend committed suicide, describe in detail all your memories and emotions about what happened. If you discovered or viewed the body in the suicide scene, record clearly your haunting memories. If this has made you afraid that you will kill yourself, put your anxiety on paper clearly--including any specific thoughts about how you plan to do it. If you resent the person for escaping problems you must face, be honest in writing your anger. Write whether you have ever given the person permission to be dead.

14. If you resented deeply the birth of any of your brothers or sisters, put this resentment on paper. Also write about any cruel things you did to them when they were babies and couldn't tell anyone (whether you're aware your cruelty was caused by anger or not.)

15. If you were separated from any important member of your family describe any negative feelings you had. Do the same if they were they separated from the family.

16. Was anyone in the family handicapped physically or emotionally in a way that caused them to receive most of the attention of your parents? Write about any negative reactions you had to this.

17. Write any significant fears your parents or others put in you. (The boogeyman? The dark? Other races? The Devil?)

18. Who punished you in your family? Was the punishment ever too severe? If so list any and all beatings that remain in your memory. If you were ever punished unfairly, describe what happened and how you felt. If you still hurt about this or, if you still resent the person who did what you were blamed for or the person who blamed you, include this in your writings.

19. Were you ever sexually molested by your parents? Your grandparents? Neighbors? Uncles or aunts? Brothers or sisters? In-laws? *List each instance*. (Include: what you felt; what you did; what happened.) If you *think* something *might* have happened, write as clearly as you can what you suspect occurred.

20. Describe what was--and is--the atmosphere of your home. (Was it happy; filled with arguing; shattered by constant threats of divorce and, therefore, insecure; depressive? Was there no atmosphere of belonging at all?) How did you feel about this? Tell whether or not you like visiting your home now. If you're still treated as a child when you visit either or both of your parents, describe your emotional reaction to this.
21. If any relative lived with you for a period of time, write whether you resented the intrusion. Include any other negative experiences you had because of the visit.
22. If there were any complications in your mother's pregnancy with you, or with your birth, or if you had any serious childhood health problems, list them and tell how they affected your life then and later. How do you feel about these problems today?
23. If either of your parents ever cursed you, write each specific insult you remember. (If you remember the words, they're worth recording.) If you cursed them, list the curses. If either parent ever said they were sorry they had you, write your emotions about the statement. Do the same if other members of your family said this to you. Did your parents try to or want to abort you? Who told you? Do you feel they should have told you? Write how you *feel* about the statement itself.
24. List any childhood fears you remember. Were any severe? (Dark? Storms? Spiders?)
25. If you had recurring nightmares as a child, summarize them. If you still have any recurring nightmares, describe them briefly.
26. How did you react to the punishment used by your parents? (Did you cry? Or refuse to give in? To stop the pain, would you admit you did something you didn't?)
27. As a child if you regularly got attention by getting into trouble (by getting "negative strokes"), write examples of the strange ways you acted. If you still act, dress, talk, like a rebel in order to get attention, be honest and admit some of the strange or different things you still do; also admit any loneliness you experience as a result of your attention getting patterns.
28. Describe whether as a child you felt your parents had a good marriage. Now judge whether you feel it has gotten better or worse with age.
29. When your parents fought, how did you feel? (Who did you blame? Did you ever take sides?) If you used their fighting to get your way, write about this.
30. If you wanted your parents to divorce, write why. Also write anything you did or said to try to pressure one of them to divorce. How do you feel about this now?

31. Discuss whether you were a leader or a follower in your neighborhood and whether you felt a part of your neighborhood gang. Now write about the way you act in a group today. Write about any continuing patterns you discover.
32. Describe the first time you remember stealing from your parents. List significant (to you) childhood thefts from your family, your classmates, your friends, your shoplifting. If you ever got caught, describe what happened, and describe how you were made to feel.
33. Record any physical fights you had with members of your family. Include whether you hurt them or they hurt you in a serious way. Tell about any major verbal fights with them. If you ever hit either of your parents, describe what happened. Do the same for any of your grandparents. Could you show anger in your family? Could you rebel or were you crushed into submission and into being good? Write about how this has affected your life and about how you feel about it now.
34. If you don't like your name or the person you're named after, write why. If you ever had a nickname that hurt you, write what it was, why it hurt, and whether it still does.
35. *Briefly* list your childhood history: where you were born and all the moves your family made. Give your *negative* feelings then--and now--about the specific homes and neighborhoods and cities you remember. (*Positive memories need not be written.*) You might include short comments on your reaction to whether you had your own room and whether you were ashamed of your home or room or neighborhood.
36. Recall the moves your family made. If you hurt at losing friends, describe the painful memories. Relate any negative feelings you had in moving into a new neighborhood and new school class. Tell whether you feel these moves made you shy or an extrovert. If your family moved very often tell whether you became afraid to make deep friends. If this still affects your life, describe your problem as best you can.
37. If you had chores, tell whether you feel you had a fair share or too many. Be honest and say whether you did them well and how this affects the work you do today. If you were usually criticized for how you did them, write any lingering affects this has on your work today. Can you work easily under supervision today?
38. Did your parents like your friends? Did your friends like your parents? Write your reactions.
39. If your parents weren't pleased with your sex, tell how you learned this and felt (and feel) about it. (Did they give you a name that suggested this? Did they dress you like the other sex? Do you have any trouble with your sexual identification? Are you proud of your sex?) Discuss all these if they are relevant.

40. If you were ashamed or afraid of the language used in your home, write about your memories and feelings. (You might discuss an atmosphere of curses, anger, gloom, commands, poor grammar.) On the other hand, if feelings were never discussed in your home, if fights were hidden, write about any affect this has on your relationships today. Describe any similarities between the language you didn't like in your parents' home and the language usually used in your own home today.
41. If you were a bed wetter or if you ever remember wetting the bed or yourself (even as an adult from drinking) or if you ever soiled yourself (crapped in your bed or pants) that you remember, clearly describe your experiences *if you carry strong emotional reactions or memories*.
42. As a child write about any uncomfortable feelings you had enjoying your home. (Was it to be kept as clean and sacred as a museum, or could you enjoy and use it like a home?) If you weren't allowed to play and get dirty, write whether you can stand being dirty today. Include all your negative feelings.
43. Write everything which, as a child, you were embarrassed about in your dress, your looks, everything which made you different from your friends. How did you feel about this? (Were you fat, tall, deaf, blind, awkward?) Be honest and tell any ways in which you still feel physically unattractive or apart.
44. Did you ever set anything on fire? Deliberately? Write your feelings.
45. Do you ever remember breaking anything important? Write your feelings.
46. If you hurt someone and caused them to get stitches, lose an eye, suffer a major impairment, tell what happened and what you felt.
47. Write about any mean or lousy neighbors you had as a child. Now write about any mean or lousy neighbors you have ever had troubles with in your life.
48. If you got into any significant vandalism, tell what you did and how you feel about it today.
49. If you broke and entered, tell what you did and how you felt. If you got caught, include your experiences with this in your writings.

C. RELIGION

1. If any priest or minister hurt you in a significant way, tell what happened. List each and every clergyman you resent with the reason or reasons. Do the same for any other Church official: Nun, Sunday School Teacher, Youth leader, Choir Master. If the hurt came from an official making sexual advances towards you, be very specific in telling what happened and how you reacted in your feelings then and now.
2. If you have ever in your life *hated* God, tell what caused this feeling. Did you feel you would be damned? Do you feel today you'll be damned? If so, write why. If you're handicapped, crippled, or different in some major way from most people (exceptionally small, tall, gay) write about whether you feel bitter to God for creating you this way. If you have ever felt a tragedy in your life or family (death of a child, for example) was God punishing you or the other person for "sins" of yours, write about what you experienced. How do you feel about this today?
3. If you resented how often you were sent to Church as a child, write about it. Tell if you felt bad, scared, resentful, while there. When you started skipping Church services or stop going, write about what happened.
4. If any priest or minister ever commented on your drinking, what did you feel then? What do you feel now about their efforts to help? If you turned to any clergyman for help with your drinking or emotional problems, write your reactions to the help given.
5. If you were married by a clergyman, write any strong negative feelings you had or have about the ceremony.
6. If your parents or grandparents were buried by a clergyman write any *negative* feelings you still have. (Was he personal? Was the service adequate?)
7. List any resentments you hold about any Churches you joined on your own.
8. If you don't attend Church, are you hurting your children by making it more difficult for them to be introduced to a loving God? If you have any fears or guilts, write about them.
9. Write everything for which you have blamed God--especially if you blamed Him for all the pain that brought you to the program. If you haven't forgiven him for all this pain, write about it. Tell if there's some tragedy for which you still can't forgive Him.

D. EARLY SCHOOL

1. If you have not graduated from High School, write any shame you have had about your lack of education or lack of a degree. If you blame anyone today (including yourself) for quitting school, write about your feelings. If you got a "GED" but still feel ashamed about not getting a diploma, admit this in writing.
2. If you weren't a good student, if your grades weren't good, if you caused trouble in school, write what you remember about your feelings in these areas of your education. If your behavior in school changed after a certain grade, try to recall what happened in your life around this time: puberty, family problems, a new baby, a family move. Write about this insight.
3. Share any unpleasant memories about starting kindergarten. First grade.
4. In kindergarten and grades one through six: list and discuss any teachers you disliked. Tell why and tell whether you still carry a resentment. If you were ever publicly or privately punished, relate how and for what and whether you felt it was unfair? Do the same if you were ever publicly or privately shamed or corrected or insulted by a teacher. If you were ever blamed or punished or shamed by a teacher or principal or counselor for something you didn't do, discuss in detail what happened and how you felt.
5. If you were ever suspended, tell why it was done, how you felt, and how your parents reacted. Do the same if you were ever expelled.
6. If you weren't popular in your class or elected to a class office, discuss your reactions. Did you envy the class leaders, for example?
7. List all the physical fights you remember with people outside your family. (All through your life, including when drinking.) If you ever backed down from a fight, tell what happened and how you reacted. Admit if you're still ashamed of this now. Discuss any unusual circumstances in any of the fights (if anyone fought "dirty"; if anyone was seriously hurt or scared).
8. If you weren't popular or good in athletics, weren't picked first or last, didn't get to play first string, write any painful reactions you remember. If you ever goofed in a game or contest in a way you still remember with guilt or shame, write about what happened.
9. If you were a teacher's pet, write any bad memories you had (including whether others disliked you for this).
10. If you cheated and got caught, write about it.
11. If you ever got an unfair grade, discuss your reaction.

12. Discuss any vandalism to school property or to the property of others that you did which has not already been covered.

E. SEXUAL LIFE

1. If you ever had any sexual experience of any kind with an animal, write briefly what you did. This includes experimenting as a child with having a dog or cat lick your sexual zones. List the different kinds of animals and any circumstances that are important. Be sure to describe any guilts now connected with the experience.

2. If you ever had any sexual relations of any kind with any member of your family other than your husband or wife, describe what you did and with whom you did it. Do the same if you just fantasized such sex. (Parents, brothers and sisters, in-laws, grandparents, uncles and aunts, kissing cousins.) Even if the experience happened when you were young and even if it wasn't openly sexual but you just "felt wrong" and wanted to avoid the person after that, write about it. If you still see this person at family gatherings write any negative feelings you continue to experience.

3. If you ever had any sexual experiences of any kind with someone of your own sex, write about it. If you were ever in a "circle jerk", masturbated together, masturbated each other, gave and/or received oral sex to your own sex, gave and/or received anal (rectum) sex to your own sex, write the experience and resulting feelings. Tell about your feelings the first time and any other significant time. If you're still involved in a gay relationship, write about it. If you tended to seek out a gay when you were very drunk, if you hated gays, if you ever looked for one to beat up, if you're a "switch hitter" sexually, if you're confused about which sex you prefer, write out your experiences, guilts, fears, and other feelings in the areas that apply to your life.

4. If you're gay, write out any negative feelings about straight people, about gays, about your own sexual preferences. If you're afraid that you're gay, discuss the reason for your fears and the fears themselves. If you're upset by gay or straight dreams or fantasies (including when you masturbate), briefly describe the dreams that upset you and your reactions. Write any guilts or fears you have if you ever "brought anyone out" (introduced them to gay sex); write any negative feelings you carry for the person who brought you out. If you're not content with being gay, admit your feelings on paper. Include in your writing an honest discussion if you think or feel you're too effeminate (guys) or masculine (women), if you're afraid of being discovered, if you've tried to make yourself straight, if you've used another person, dating them, to make others think you were normal. Go into detail about your reactions if you prefer young (underage) people of your own sex, risking serious legal problems. Write any degrading feelings or experiences you've had if you have ever had to pay for gay sex. Look at your conduct and see, first, if you want a lover or a stream of different sexual experiences and, second, if you've had relationships but been unfaithful while you were in them. Compare your sexual patterns to those of a straight person who acted the way you did in his or her relationships.

5. If you ever worked as a prostitute, describe any and all negative experiences you still remember; then write any guilts or shames you experienced then or now about your conduct or profession. If you've had sex in order to obtain a drink, some drugs, or a place to stay, look honestly at the way you "prostituted" yourself and write your reactions.

6. Write any negative experiences or reactions you've had if you ever went to a prostitute or bought sex with dope, or money, or gifts. If this was blow to your ego, discuss why.
7. If you have ever had sex with people of different races write any negative feelings you experienced.
8. Look at your sex and relationship patterns to see if the people with whom you prefer to have sex are *considerably* younger or older than you. If you see a pattern, discuss it and your reaction to it. If you have a pattern of dating people older than you, write whether you were seeking your father's or mother's love. If you find men or women your age uninteresting, try to figure out why. See if you've been a child in your relationships, therefore draining the other person. Write your feelings and experiences.
9. If you ever raped anyone--including your wife (fear and/or force were used), write in detail what happened, your feelings, and any consequences.
10. Narrate any sexual dreams involving any unusual or disturbing person. (Family member, doctor, clergyman, teacher, best friend's wife.)
11. Men *and* women, if you ever inserted for a sexual stimulation anything in your rectum, write about it. Please list the more embarrassing and/or unusual items. Women, do the same for anything but a vibrator inserted in your vagina.
12. If you were ever discovered by anyone while you were doing anything sexual, briefly tell what happened. (Your parents when you were masturbating? Your husband or wife when you were masturbating? When you were cheating on them? Your children?) Include your feelings and their reactions.
13. If you ever discovered anyone doing anything sexual, discuss any negative memories or feelings that are connected with the experience. (Your parents? Did you hear them? How did you react? How did they react? One of your parents cheating on the other? Your children masturbating? Having intercourse?) If you over reacted to something your children were doing (child's discovery games, masturbating) write any guilts or fears you carry for harming them sexually by your over reaction.
14. Do you feel your sex drives are below, average, or above? Do you believe your sexual performance is below, average, above? If you rate yourself below normal, write your feelings about this in "macho" America. Do you the same if you feel ashamed of the size and shape of your sexual organs.
15. As a woman, if you've never climaxed discuss who you feel is to blame. If you usually don't, admit if you use this to put the man down by telling him about it. If you act and pretend that you have climaxed, write any guilts you have for acting as you do.

16. As a man be honest in admitting if you fear you usually fail to bring women to sexual climax. If you climax too soon and leave the woman frustrated, discuss your problem and your emotional reaction to it. Write all memories of times you've been unable to perform sexually. Include a discussion of what happened, how you felt, and how each of you reacted.

17. If you're a window peeper, discuss your conduct--especially if you've been caught or have had narrow escapes. (Discuss whether you're setting yourself up to be caught and punished.)

18. If you're an exhibitionist, exposing yourself before others, discuss any negative feelings or experiences you have had. (Have you ever been caught? Any narrow escapes? Do you enjoy undressing with the shades up in your rooms? Discuss whether you're setting yourself up to be caught and punished.)

19. If you're not comfortable walking around nude, (even alone), discuss this. If you remember either of your parents doing it, discuss your feelings.

20. Evaluate the pattern of your masturbating. Write how often you did it at your most frequent. Include any shame or guilt or fear connected with the action or how frequently or rarely you engaged in it. Certainly write about any fears or guilts you had about masturbating after you got married. If you used masturbating to avoid sex with your husband or wife, examine if this practice has hurt your marriage. If you're not comfortable with masturbating now, be honest and admit your feelings and actions.

21. If you ever had group sex (sex with more than two people), discuss what happened and any lingering negative reactions. If you've been involved with wife or partner swapping, include this in your discussion.

22. Men: If you've ever been involved with wearing a woman's clothing for sexual reasons, write what you did and your feelings.

23. Women: If you usually feel down because of your period, write your feelings, any strong examples that you remember, and any actions you take to remedy your problem. If you weren't prepared for your first period or if it was deeply upsetting, write your memories. If you've had a hysterectomy, discuss any negative effects it has had on you (do you feel like a woman still?) or on your husband (is he turned off sexually?). If you've had a breast removed, write any similar results on you and/or on your husband.

24. If you've ever been involved in any of the less usual sexual experiences (bondage, masochism, sadism, enemas for sex, whether alone, with others, in thoughts or in actions) write all that you did and your reactions then and now.

25. Men: If you've ever failed to perform, been unable to get an erection, write what happened, how the other person reacted, and how you felt (and feel.)
26. *Briefly* go through your sex history. Cover only experiences or people you'd like to keep secret. If your introduction to sex and intercourse was upsetting, describe it. Include any occasions and any significant details about sexual relations you've had that should be mentioned. (Like sex with your best friend's steady, a virgin, someone you deceived and dropped.) If any of these were done to you, write about it also. Include your reactions.
27. How long into your marriages were you first unfaithful? List all the lasting affairs you had. If the sex was better than in your marriage, try to describe why. List any important circumstances about the other people: boss, employee, neighbor, relative.
28. If divorced, tell whether you have sex with your husband or wife after you decided to divorce, since the divorce, since your marriage to someone new. If the sex was better than it was when you were married, try to describe why.
29. Does your husband or wife know about any of your affairs? All of them? Do you know about any of his or hers? Do you suspect any? Write any significant scenes that have occurred; write any deep fears or suspicions on your part.
30. Describe any ways in which your selfish seeking of sex hurt others. (Broken families? Children affected? Illegitimate children? Abortions?) Write your feelings about each of these if they apply.
31. If you're addicted to pornography, admit it. Discuss any complications your addiction has on your relationships, your finances, your security, your life. If you ever posed for porno or if you ever took a pornographic picture, write what you did and how you felt. Discuss any strong negative feelings or experiences involved with when you're purchasing porno or you're at a strip bar or strip show.
32. Describe any growing fears or insecurities connected with a loss of sexual drive with age or some other circumstance.
33. Be honest and admit all the times you've had sex with a newcomer in AA. (Use as a definition of a new comer "anyone with less than a year of sobriety and/or anyone who hasn't completed a Fifth Step".) If they returned to drinking or using, admit it and see if you share any responsibility for the slip. If you sponsored someone of the other sex and later had sex with them, admit this, also. If they wanted sex with you after a time, tell what you did. Be sure to include any harmful side effects to anyone. Examine whether you tend to date "sickies" in the Program. See if this builds up your ego.
34. Describe any and all ways AIDS has affected your life. If you've tested positive, relate the fears that caused you to be tested, how you reacted when you were told, and steps you've taken since to hide it. If your positive results are public, list every real and imagined affront you have suffered from

others. Describe all your fears about the future. Give the names of everyone you've had sex with who might be affected. Clearly tell in which of these relations you've hidden the fact that you are HIV positive. List all the people you suspect of passing the disease on to you. Put in writing what you feel about them; be honest and admit today if the sex was worth the disease (in hindsight.) If you test negative, do you believe others who assure you they test the same? Write about any sexual encounters with people whose truth you doubt. Write any resentments or fears for the disease itself. Cover anything else dealing with AIDs that has not yet been mentioned on this inventory. (Death watch of a close friend, financial crippling through the disease, friends who dropped you when you contracted the disease, friends you dropped when they contracted it, anger at drug companies, hospitals, government rules, employers.)

35. List any and all other sexual diseases you have ever had. Talk about who you think passed them on to you and anyone to whom you might have transmitted them. If you did not receive them from your mate, write if you passed the disease on to them and how you handled this. Admit any dishonesties involved. Clearly admit any lies you told to people, denying your sexual diseases in order to have sex with them. Tell if you've made amends or been honest with any of these people. If you have a lasting disease like herpes, use the questions above (#34) on AIDs as possible suggestions of areas that need discussion in writing.

36. If you were you (or are) ashamed of your virginity, write how you felt and any lies you've told to hide it. If, on the other hand, you have reputation of being a "stud" or a "loose woman" write any pain or bad experiences this has caused you, If you want the reputation, admit it. If you dress, act, and/or go places that will encourage it, accept your responsibility for the reputation. Talk about whether you fear any loneliness in long term relationships relations in the future.

37. Be sure to cover all sex dreams that upset you (whether day dreams or night dreams). If you're upset because of the person (parent, clergyman) the place (parents' bed, church) or the time or the circumstances, write out specifically what upsets you.

F. ADOLESCENCE

1. In junior and senior high, if you were involved in any organized sports, talk about any times you ever goofed in a game or event in a way you still remember. If you were cut from a team write any negative feelings about this. If you quit a team, write any negative reactions you had or that you experienced in the school because of this. If you were disappointed by the school's or the coach's or your parent's reactions to your performance in a school activity or event, share what you felt and what happened. If you didn't participate in sports, write any negative feelings you had towards those who did.
2. If you were a cheerleader or leader of the Pep Club, write any negative feelings or reactions you had while in your position. If you were never chosen for these positions, write any negative feelings about those who were.
3. Analyze the kind of friends you picked. (You could have one group in school, and another in your neighborhood.) (The "hoods"? The jocks? The brains? The social leaders?) Write about any patterns you can see now about how you related then: whether you moved up the social ladder to better yourself with your friends, moved down to feel more comfortable. See if you kept any of these patterns later in life: in your drinking did you keep moving down the social scale? In your group of friends, were you a leader or a follower? Whichever role you picked, write about how you felt in it and about how you felt about others in your group. Be sure to comment about how you felt about the leaders if you were a follower--or vice versa. Talk about whether you ever really felt part of the group. If you did, look at what group that was; if you rarely or never did, try to put on paper why you felt apart from others in your own groups.
4. If you were not popular, if you were overlooked by others, if you usually had to go out to others for friendship, to call them, write the loneliness you felt. On the other hand, talk about whether you, in turn, looked down on the people who tried to make friends with you, who called you. If you only liked those who ignored you and ignored those who liked you, see the kind of "friendships" this has caused for you in later life. Write whether you ever had a close friend betray you; if so, tell what happened, how you felt, and how you reacted. (Date your guy or girl? Steal something?) Have you forgiven them yet? If you ever betrayed one of your closest friends, discuss the incident in detail--using the above guidelines. Include how you feel about it now.
5. If you ever failed a grade in school or were you kept back for any reason, discuss any unpleasant memories or feelings. (Did you ever feel a part of the new grade? Did the kids make fun of you?) Admit any learning handicaps you had or have. If you ever failed a subject, write about any negative feelings towards the teacher, the subject itself, and summer school. If you ever received an unfair grade, write about it.
6. If you were ever made fun of, punished, insulted, belittled, publicly or privately, by a teacher or principal, write about the experience and your feelings then and now. List any and all teachers and

coaches and principals in junior and senior high whom you resented, telling why you resented them. If you had a deep fear of any such person, write about it also.

7. If you didn't attend any of the the major events in junior or senior high, tell which you missed, why you missed it, and how you felt about this then and how you feel about it now, if the feelings are unpleasant. (Work? Living on a farm? Unsocial? Drugged out?)

8. If you quit school, write out why you quit. Be honest and talk about any shame you have ever felt about not graduating. Include any lies you've told or tell to hide the fact. Tell whom you blame today. If you have negative feelings about those who graduated from high school and college, write them out.

9. If you graduated, write out any unpleasant memories or feelings connected with the ceremony. (If you were denied an honor you deserved. If your parents didn't attend.)

10. If you were a "brown noser", admit whether you were ashamed of this or punished for it by other students. If you cheated, if you were caught, describe any unpleasant memories. If you still hate certain subjects or feel overcome by them, describe your experiences. If you were ever suspended or expelled (and didn't cover it in the section on "Early School") write about it now: what you did, what happened, your reaction , your parents' reaction, any lingering resentments.

11. If you did any vandalism to school property, describe it. Do the same if you and your gang ever did any serious vandalism to the property of others. (Tire slashing, window breaking.) If you were involved in any theft at this time, describe what you took and from whom (as best you can.) (Hubcaps, CB's, shoplifting, breaking and entering?)

12. If you developed sexually earlier or later than most others write about any shames or fears that resulted. (Were you ashamed of your body in gym class? Were you shy and did you try to hide when naked in the locker room? Did kids make fun of any part of your body?) If you're still ashamed of your looks, your glasses, a hearing aid, a corrective shoe, put on paper your feelings and the most painful memories of your life that accompany them.

13. Admit experiences where you were a bully, where you enjoyed humiliating cowards, weaker people. Admit experiences where you were a coward. If you hated bullies and those who love to fight, describe your resentments and particular individuals for whom you had it.

14. Write out memories where your parents or teachers compared you to older or younger brothers or sisters. Include how you felt about this, how you felt about the person to whom you were compared. Was it a friend? A school leader? If your parents or teachers shamed someone in your family or class by comparing them to you, write how you felt about this.

15. If others were warned to stay away from you, write any painful feelings or memories you have. Include feelings about the person who did the warning.

16. Think back over all the serious times you fell in love during junior and senior high. If you ever failed to get to date the person of your dreams, describe how bad the heartache and the loneliness was. Think over the times you went steady. Look for patterns in your relationships. (Did you date losers; people who put you down? Who ran the relationship; who ended it? Did you try to keep you both together long after it was over or should have been? Did you hurt for a long time?) See if you've kept any of these patterns in later relationships, in the relationships you have now. If you still wish you might have married one of these earlier loves, write about your regrets or dreams.

17. If you had few or no dates, why? How did you feel about this? How did you feel about those who did?

18. Did you lie to make your life sound more exciting? Did you lie even when you knew you'd be caught? Did you lie when the truth would have been easier? Were you ever caught in lies? Do people doubt your word when you're telling the truth? Write any negative feelings or painful memories connected with your answers to any of these questions.

19. If you were dressed poorer or richer than others in school write any strong negative feelings or memories. See if this has affected your attitude to clothes today. (Must you be dressed in style? Can you wear outdated clothes? Do you mock or avoid people who do not dress by your standards?)

20. Did you have a lot less (or more) money than your friends, Did you always have to borrow (or lend) cigarettes? Booze? Bum a ride? How did they react to this? Write any strong shameful memories or experiences you had or have in the above areas.

21. If you were angry because your school activities (band, debate, chess) did not get the attention that sports did, write your resentments. Do the same if you were angry because you did not have a starring role in a school activity like sports or drama. If you were jealous of those who did, admit this also. See if you still resent those who get attention, including in AA. Be honest and give the specifics for your resentments.

22. If you were younger or older than most people in your class, write any negative effects, feelings, or experiences.

G. ARRESTS

1. List in order all your major arrests. Discuss what you were arrested for, how you felt about being arrested, and how you reacted to the police *if any of these feelings are important*.
2. Write about your negative feelings and experiences the first time you were jailed and the first time you spent a full night in jail.
3. If you were in a detention home as a juvenile, write any negative memories you have. Include why you were there, any lasting resentments or fears over the warden or house parents, reactions if you were physically or sexually abused. If your parents turned you in or refused to help, write your feelings then and now. Are you still bitter about being put in the detention center? If you still resent any of the other inmates, write why.
4. If you hate any of the police for the way you were treated while in jail, if you ever abused any of the people in jail with you, if any guard or any prisoner humiliated you, write your reactions and experiences. If you resent your family for not bailing you out, include that in your writings.
5. If you ever snitched on anyone, causing them to be arrested or punished, write about any guilts or fears you have. If you feel anyone ever snitched on you, write how you feel about this today. If you tried to brown nose the guards to get special treatment, discuss any shame you had then or now.
6. If you did time in a penitentiary, write if you're still bitter, ashamed, or secretive about this. If any guard or any prisoner humiliated you, write about the experience. If you were afraid of being raped or were raped, tell in detail your experiences and reactions. Discuss any resentments you had or still have for the warden, the parole board, the judge, your lawyer, anyone who testified against you, the DA.
7. List all warrants out for your arrest in any state now. Make a complete list of all the things for which you could be arrested today--for all things for which the Statute of Limitations hasn't run out yet.
8. List all crimes you have committed for which you were caught. List all crimes you have committed for which you *weren't* caught? (Please include *all* of them.)

H. ACCIDENTS

1. Make a list of all the accidents in which you were involved. Write any resentments you had or have in connection with any of them. Include resentments for any of the drivers, passengers, the cars themselves, the insurance companies, doctors, hospitals.
2. If anyone else was hurt, discuss any guilts you have--especially if you were under the influence. Was anyone killed? If you still feel guilt, tell why in detail. If you fled from the scene, tell how you felt if you were you caught; tell the fears and guilts you had if you weren't caught.
3. Admit if you ever faked an injury to collect from an insurance company, or if you made an injury worse to collect more, or if you conspired with a repair shop to collect more on your car, or if you collected for old damages to your car. If you have guilts or fears about these forms of stealing, write about it.
4. Write your feelings if you ever left the scene of an accident.
5. Did you cover up your drinking at the scene of an accident? Discuss any fears you had that the police would discover you had been drinking. If you got someone to lie and say they had been driving, tell how you feel about this now.

I. HOSPITALS AND INSTITUTIONS

1. List all the times you were hospitalized for health, especially all surgery. Try to recall how you felt while you were in the hospital. If you were a child, did your parents stay by you? Did you feel they abandoned you? If you feel today any of the surgery was unnecessary, write about this. If you resent the doctors for lousy surgery or scars or any of the staff for the way they treated you or ignored you, write out your feelings in detail. Write if you're ashamed of your scars today.
2. Did you have an abortion? Help or urge anyone to get an abortion? Write how you felt about it when it was happening and you feel about it now. Do you ever wish you had had your child?
3. If you're sterilized, write any negative feelings you might have. Include the answers to questions like the following. If you did it to please your husband or wife (and especially if they later divorced you) are you bitter? Do you feel less a man or woman? Do you feel your husband or wife should have been the one to be sterilized, not you?
4. Were you ever a patient in a mental hospital? If you're ashamed to tell people about this, write about your feelings. Discuss any memories that still haunt you of weird acting people who were way out mentally. If you were committed there by others, discuss any resentments for them you had or have. If you resent any of the psychiatrists or other staff for the way they treated you, discuss these feelings. If you mistreated any of the other inmates, write in detail what you did. If any of them mistreated you, write your painful memories. If you were ever afraid that you would be insane the rest of your life, put this fear on paper.
5. List all the times you were treated for alcoholism or drug addiction. If you were committed against your will, Tell how you felt then and now. If there's any of the staff or other patients that you resented or resent, discuss each of these angers. If you entered voluntarily, write if you don't feel you got the treatment you expected. If you had a "hot seat", write about any negative feelings then or now connected with it. Did you, or do you, resent anyone for what they said?
6. Were you ever treated by a psychiatrist, psychologist, marriage counselor, alcohol or drug counselor? Write any negative feelings about each of them that treated you. Include a discussion of any of them who you felt betrayed your confidence, made sexual advances, failed to give you the help you expected. If you were dishonest with these counselors, admit your lies or secrets.
7. Think about when you get ill. Admit in writing if you use sickness to get attention, to escape, to get sympathy. If you were the center of attention in your family because of a health problem, write about this. Write if you fear it will recur now when you're in trouble. Write if you enjoy being sick. Examine when you usually get sick: when you're not taking time to play, when there's too much pressure, when you're jealous of attention paid to others?

J. JOBS

1. Were you ever fired from a job? Write out each time it happened and how you felt then and now. (Did you resent your bosses? Did you feel shame and guilt? Do you still hate the companies today?)
2. Write out all the jobs that you disliked while you were working at them. Why did you dislike the job? If you feel ashamed of the kind of work you did or do, be honest and admit your shame and why you have it. If you feel you were paid less than you should have been, discuss your resentment. If your alcoholism forced you to take and keep the jobs you didn't like, be honest in writing about this.
3. Write about any and all bosses whom you resented or feared--or whom you resent today. Tell why you disliked them (Were they abusive? Were they unfair? Were they bigoted against you? Did they play favorites?)
4. If you were ever passed over for promotion, write about how you felt. Tell why you feel it happened.
5. Make a list of all your jobs--especially do this since you've sobered up. Write out how long you stayed at a job. (The reason for the list is for you to see if you have a pattern of taking "occupational cures", of jumping from job to job.) Examine your reasons for quitting jobs. See if they were just excuses so you could try yet another occupational cure. Were you running? Are you still? Have you quit without notice? These are clues to "occupational cures" (like "geographical cures".) If you often quit or were fired from jobs, examine the results this has had on your life and your family.
6. If you seriously failed to perform so that you cheated your boss out of the pay he was giving you, admit this. Tell if you've tried to make amends in any of the jobs where you were gravely lax. Admit when you've padded your expense account in a major way, when you've given others your personal discount or some other discount they shouldn't have received, when you've taken more pens and things than you should have. Again, tell to which of your employers you've tried to make amends.
7. If you own your own business, examine how you mistreated your help, sober or drunk. (Have you fired them unfairly? Have you paid them less than you should? Were you abusive verbally? Did you feel you were superior to them because they worked for you?) Create a list of employees to whom amends are owed.
8. If you became foreman, list everyone you supervised unfairly. Tell how and why.
9. If you hurt your business by the way you dealt with the public, sober or drinking, write what you did and how the company was hurt. (Shoddy repair work, padded hours, poor public relations.)
10. If you're frustrated because you never got into some job or profession you wanted, admit this in writing. Tell what you'd like to be doing.

11. If you're in a family business, not by choice, but by necessity or pressure or failure, be honest in writing about your frustrations and dead dreams. If this has kept you from developing a sense of your own accomplishment, admit this also. If you throw your weight around in your parent's business because you're the owner's child, analyze how unfair and cruel this is. If you fail to do good work because you can't get fired from your parent's business, if you're often late, if you work very few hours, admit the ways you take advantage of your situation. If the regular workers resent you because of the liberties you take in the family business, write about this also.

12. If you're not proud of the work you do, admit the areas of your job where this is true. Examine what this says about your sense of responsibility. Admit if your failures come from not being fully qualified for the demands your position places upon you. If you're ashamed of the work you put out, tell why. If there are customers you clearly cheated by the quality of work you gave them, admit this and your need to make amends. If you're indifferent at your job, admit how you may have hurt your company's reputation by the work you do.

K. COLLEGE AND TRADE SCHOOL

1. If you don't feel the school you attended gave you an education equal to what you paid, write why and write any resentments you have towards the school. If you're not proud to have attended the school, explain the shame, anger, and/or other negative feelings you hold. If you wished you were at another school, explain the reasons you went where you did, describe any lingering regrets or resentments you carry, and admit where you wanted to go and why. If you envied those who went elsewhere, explain your jealousies.
2. If you joined a fraternity/sorority, write any and all negative memories or feelings connected with your experience. (Was it the one you wanted? What did you feel about independents? If you were blackballed, how did you feel about this? Cover any disgusting hazing experiences.) List any and all fraternity/sorority brothers/sisters you resent. List any other unpleasant memories connected with frat life.
3. If you were independent, write any negative feelings you have about frats and frat life. (Did you envy the money, popularity, and social life?)
4. List and explain any and all resentments you had or have for an instructor. Discuss any grade you received that you considered unfair. Write out all the courses you failed, explaining where you put the blame for the failure. Explain any regrets you have for the major you selected or for any courses you took. Place blame where you feel it should be placed. Share what major you wish today you had studied.
5. Write out any regrets, resentments, guilts you had regarding your social life. (Did you feel adequate? Ignored? Out of the main stream of college life?)
6. Discuss any disciplinary trouble you got into with the school. Be sure to include who was to blame and how you felt about the way it was handled.
7. If you paid for your education, write any resentments against your parents for not paying. If they paid, write any guilt for using them or pressure to repay them. If your parents (or anyone) interfered in your choice of courses and/or of schools, talk about any resentments you have regarding this.
8. If you dropped out before graduation, write out any negative feelings you have for quitting. (Do you feel you failed your parents? Your husband or wife? Yourself? Do you regret quitting? Are you sorry you didn't do it sooner?)

L. MILITARY SERVICE

1. If you were drafted, write out any bitterness or resentments you have for being called to serve while others didn't do anything. If you enlisted, discuss any regrets or resentments you later had regarding your decision. If you have any negative feelings about enlistees, draftees, conscientious objectors, those who went to Canada during the Vietnamese conflict rather than serve, write and explain your jealousy or resentment. If you resent or regret your time in the service, explain why as specifically as possible.
2. If you feel you've been treated unfairly by your country since you left the service, tell why. If you were ignored, insulted, or abused for being in the service during the Vietnam War, retell your painful or unpleasant memories. Explain if you feel veteran services and benefits are inadequate today.
3. Relate any unfortunate experiences from your basic training. (Were you humiliated, degraded, broken?) List any and all officers or NCO's whom you strongly resented or still resent for treatment you received. If you received unfair assignments, orders, dressing downs, tell what happened and why you're bitter.
4. Discuss all your court martials. Be sure to write any negative memories or feelings connected with each experience. Do the same for any lesser military punishment, (Article 15's, Captain's Masts.) Tell if you feel they weren't fair, if your side wasn't heard or believed, if the punishment was too severe.
5. If you experienced combat, write any memories or fears you have of killing someone. If any of these memories linger, tell your experiences and feelings as they recur. If you witnessed anyone being killed or badly wounded, especially any close friends, write about what you experienced and any haunting thoughts you still have. If you feel guilt for living while friends or relatives died, discuss this as fully as you can. If you attacked, wounded, killed, any civilians, committed or witnessed any atrocities or war crimes, experienced any military personnel being set up to be uselessly wounded or killed by superiors, witnessed any attempts to wound or kill any superior officer or NCO, ever refused to obey an order, write about each experience as specifically as possible. Tell what happened then share your feelings then and now regarding the experience. If anyone under you ever refused to obey an order you gave, tell any painful memories you have connected with how you handled the scene.
6. Looking back, see if you needed or used drugs or alcohol to survive while in combat. If your dependance on either of these ever endangered your life or the life of any other member of your unit, or if it actually caused harm to you or another, write about it. If you blame the start of your addiction on the war, talk about this and talk about any resentments you have that the government that sent you to war is not providing adequately for your treatment.
7. If you were ever in combat conditions, relate the fears (or any other feelings) you experience to a degree of which you are ashamed. (Did you run? Hide? Surrender? Did any action of yours badly affect other members of the military?) If you had or have nightmares of combat scenes, describe them in as much detail as possible.

8. If you were a prisoner of war, tell any and all degrading or shameful experiences that you remember. (Were there guards or commanders who tortured you? Abused you verbally? Did other prisoners "rat" on you? Did you tell on them for special favors? Did you feel your country did enough to protect you? To rescue you? Has it treated you properly since your release?) Be sure to list with a full explanation any negative feelings you have and/or all the amends you owe from your days as a Prisoner of War.

9. If you served in Vietnam, discuss any negative feelings you have about our involvement in the war, about our withdrawal, about the fall of the South, about the Vietnamese and Laotians who have immigrated to the United States.

10. If you received a less than honorable discharge, write any negative feelings you have about this. Be honest and admit how you hide the facts or lie about your discharge. If you've tried to have your discharge upgraded, discuss any bitterness you have about the effort. If not, explain why you're not making the effort.

11. List the equipment, weapons, and clothing you've stolen from the service, big things and small things (that tend to add up quickly.) Even if "everyone does it," tell whether you see this as stealing from American taxpayers and whether you feel you owe amends.

M. MARRIED LIFE

1. Take your wife's, your husband's inventory. If you wouldn't marry him or her again today if you were perfectly free, tell why you wouldn't. Do the same if you feel he or she wouldn't marry you again under the same ideal free conditions. List all the changes you'd like to make today in your marriage, in your husband or wife.
2. Now take the inventory of your husband or wife's parents. If you have had any trouble with either of them, write in detail about the trouble and your feelings. Write any negative feelings you think they have for you. If they advised or pressured against the marriage or for divorce or separation, write your reaction to their interference.
3. Quickly inventory your other in-laws if you have any strong negative feelings towards them. (Be brief!) If any of them ever interfered in a disruptive fashion with your marriage, be sure to write what happened and what you feel about the interference. (Have they advised, pressured, or helped with divorce or separation?)
4. Now take the inventory of each of your children. Admit if you didn't want particular ones, had to get married because of one of them, and/or blame all the misery of your marriage on this child. Which child is your favorite? Your scapegoat? Briefly write what you'd like to change in each of your children. Admit specifically any and all hurts you did to them by your drinking. If they hated you because of it, talk about your reaction. If you ever beat them to the point of child abuse, admit specifically what you did in each instance you remember. Also discuss any extreme verbal or emotional abuse you inflicted on them.
5. Inventory the same way any step children or foster children that you raised for any significant period (#4).
6. Do the same for each marriage that you were in. (#1-5). If you lived with anyone for any significant period of time, do the same. Also write about why you never married the person in the relationship. (Were you afraid to commit yourself? Did you use the other person sexually but not give yourself? Were you used in this way? If so, how do you feel about allowing yourself to be used this way?)
7. If you had any long-standing affairs, whether you were married or not, inventory the person with whom you had the affair. Include what you feel about them today. Explain why you didn't marry. If your husband or wife or children, or the other person's, ever learned of the affair, write any unpleasant scenes you experienced, lies you told, fears you carried.
8. If your wife or husband ever had an affair, describe any unpleasant feelings you experienced. Be sure to include whether you were able to forgive and/or forget.

9. Discuss any negative influences either set of parents had (or have) on your marriage. Including with your children. Narrate what they did and any resentments you still hold.
10. Write about any *important* problems in your courtship, engagement, and wedding. (Was anyone important absent? Do you have any bitterness about the Church service?)
11. Relate any unpleasant memories from your honeymoon.
12. If you lived with either set of parents, discuss the reasons for any lingering bitter feelings. If either set of parent showered you with gifts the other parents couldn't or if either set of parents gave so much that you and your wife or husband never had to learn to live on your own, write about any unpleasantness you experienced.
13. If you have any significant bad feelings for any of the places where your family lived, write about them. Tell why you disliked the place if possible.
14. If there were any separations, say who was to blame, who surrendered to come back together, how you felt during the separation, and how feel about the separation now.
15. If you married earlier or later than your friends, talk about any negative feelings you had. If you married young, write about any regrets you've had since for missing the fun of your youth.
16. If you resent the responsibilities of marriage, tell how and why.
17. If your children came between you and your wife or husband, describe how. Admit if you weren't a good parent then and now. If you spoil your children today by giving them too much freedom because you feel guilty about the way you treated them while drinking, write about your failure to give them the discipline they need.
18. Think carefully and say who dominates your marriage and why you say this. If you've been married several times, look carefully for negative ways your wives or husbands were alike, negative ways they were like your mother or father.
19. If you use sex as a reward or punishment, admit what you do. Discuss any harm your pattern has had on your marriage.
20. Admit if you haven't done your share of the work around your home.
21. Examine ways in the family in which you act as a dictator; then examine ways in which you act as a child.

22. See whether your AA program has caused you to neglect your family. Be honest and see how much of this was necessary to protect your sobriety and how much was running from responsibilities at home. On the other hand, see whether you put your family before the program and sobriety, whether you allow your wife, husband, or children to talk you out of going to meetings you need.
23. If you use being an alcoholic to manipulate your wife or husband, your children, and/or others into doing things your way "lest you drink", admit this and see if you owe any amends for this unfair manipulation.
24. If you're divorced or separated and if you're letting your children blackmail you and your ex by moving back and forth unless they get their way, write about what you've allowed to happen and the harm this has done your children. Do the same if you bad-mouth your ex to them or if you allow and/or encourage them to bad-mouth your ex to you to manipulate you.
25. If divorced and you have the children, examine whether you got a fair settlement for them and yourself. See if you let your ex keep most of your joint property, furniture, and other assets, punishing your children. If you're not receiving child support and haven't reported your husband or wife to the courts, write about how your failure has stolen financial security from your children. Discuss all the resentments you have for the children because they keep you from being free. (Must get baby sitters? Can't bring lovers home?) If you do bring lovers home write about any harmful affects this can have (or has had) on the children. If you don't provide good food and a clean home for your children, admit this and examine any harmful affects on your children.
26. Write about each time you ever physically abused your husband, your wife (regardless of who began the fight.) See if you pushed your husband or wife into beating you by the way you nag.
27. If your family doesn't talk about problems or feelings, analyze your share of the blame.
28. If you don't take time to play with your children, with your wife or husband, by yourself, admit your failure in each instance. Go on to examine the harm your failure has done to your family and to you. (Do this especially if you tend to be a workaholic.)
29. If you're divorced, whose fault was it? See if you've accepted the divorce or if you still treat your ex as your husband or wife in your thoughts and actions. List all the resentments you have over the divorce. (Do you blame a lawyer for a poor settlement? Are you angry with the custody arrangements? Did any third person break up your marriage? Do you still resent this person?) If your ex has remarried, examine all the ways you interfere in the new marriage by unnecessary calls and visits (even those with the children as an excuse.) Admit how unfair this is. If you've remarried and allow your ex to do this to you, write about how unfair this is to your new husband or wife?

30. If you use your children to act out resentments by the way you punish your ex (playing around with visitation rights and schedules), admit your pattern. Accept in writing your responsibility for any harm your vindictive actions have inflicted on the children.

N. ALCOHOL

1. If you remember, describe your reaction to your first drink. Compare how you felt then with how you felt on your last drunk.
2. Briefly write about your first drunk and how you felt. Include any negative experiences.
3. Looking back, identify when in your life alcohol started becoming a problem; describe the symptoms you can see today were present at that time in your drinking. Then discuss the circumstances in your drinking and in your life that first made you aware alcohol was a problem for you.
4. If alcohol caused you to do shameful things, write all those that you remember; write even those that occurred during blackouts, that you heard about from others. Just write memories that cause shame, guilt, fear, or resentment. "Funny" stories need not be told.
5. When did you first try to control your drinking? Describe what happened.
6. Whom did you hurt by your drinking? Give each name and specific ways you hurt each person.
7. Why did you first seek help to control or stop your drinking? List any resentments or other negative feelings you have for a court that sentenced you to AA, for a confrontation arranged by your family (or anyone else), for being nagged about your drinking.
8. Why did you first come to AA? If you slipped, why? What didn't you do?
9. If your present sobriety date isn't honest, tell why it isn't, why you hide the real date, and what the true date is. If you've done pills or smoked pot during your sobriety, admit in detail what you've done.
10. Who do you not like in AA? In Alanon? Are you angry with any AA Club? Meeting? Be sure to tell why as specifically as possible for each dislike you list.
11. Who in AA or Alanon owes you amends? Tell why. To whom in AA or Alanon do you owe amends? Tell why.
12. Take your sponsor's inventory. If he or she isn't the best for you, tell why. Also discuss why you don't try to change to someone better. Admit how you haven't been honest and/or open with your sponsor. If you picked the person most likely to say what you want to hear when you discuss problems, admit this. Then examine how this can hurt you. Write any other errors you have made in dealing with sponsors. (If you have several, do you play them against each other? Do you just tell them the good that is happening in order to get their approval? Do you go to the group for advice on matters you should take to your sponsor?)

13. If you sometimes doubt you're an alcoholic, write about your doubts and fears. (Having them is natural; hiding them can be fatal.) Identify any problems in your pattern of attending meetings. If you're not regular in attending specific meetings and groups, if you attend only speaker and/or open topic meetings that don't challenge you to grow, if you don't help setting up and cleaning up, if you don't help the Group be self supporting by contributing what you can, comment on the problems you see in the way you attend meetings.

14. If you still resent being an alcoholic, if you resent people who can drink, write about your feelings. List the slippery places, slippery people, slippery things still in your life and explain why they're present. Admit whether you're setting yourself up for a slip.

15. Write about times you don't share the real you at meetings, just a nice view of you. See if, when you're hurting, you hide this at meetings, or if you say what you feel people want you to say, or if you pass when you don't feel like talking, or if you allow people to force you into saying what you don't want to say or don't really feel. Write about the way any of these patterns can damage your serenity.

16. List any cliques in AA you resent. If you belong to a clique, admit any hurt you've done (especially to newcomers) by ignoring those not in your group of friends. Examine your conduct before and after meetings. See if you don't welcome new people or don't talk to everyone who comes to you,

17. Take your own inventory as a sponsor. (If you've done a 5th Step already do you offer yourself to newcomers as a sponsor? Have you offered yourself as a sponsor when you had no program to offer? Do you 13th Step? As a sponsor will you tell people what they don't want to hear when they need to hear it? Are you afraid of angering someone you sponsor and so you say only nice things? Can you release someone you sponsor? Do you possess them too tightly? Do you resent them for leaving you? Do you resent them for not succeeding because they make you look bad? Do you boast about your sponsoring successes?) If you identify any of these problems present in your sponsoring, examine who you may have harmed and how. Draw up a list of possible amends you owe for poorly sponsoring.

18. If you go to the other sex for help, with your Program look at the troubles this can cause in your life and in the life of the other person. Dig deep and see if the help you want is romantic or sexual, not Program.

O. DRUGS

1. Briefly summarize your drug problem, and drug pattern. (Do you prefer "uppers"? "downers"? Tell the drugs you've needed. Describe your drug of choice and the depth of your dependence on it at the end of your drinking and/or using. Tell what drug you find the hardest to quit; why?)
2. Describe any and all drug dealing you've done (unless it was a way of life--then just summarize it.) (Include dealings you did "just to share with a friend.") Admit all the people you ripped off by selling them poor drugs or by not offering them what they paid for.
3. If you ever introduced anyone to drugs, write about what you did, especially write about any cases where the person later OD'd on drugs. Discuss any guilt you carry for introducing particular individuals to drugs (like your baby, your younger brother, your best friend.)
4. Write any resentments you hold for any individual who introduced you to drugs or to a particular drug, for any dealer who ripped you off, for any user you think narked on you.
5. If alcohol is your drug of choice, discuss dislikes or resentments you have for drug addicts being at AA meetings and/or talking about drugs at them. Discuss any fears you have (on either side) about dual addicts and drug addicts harming AA.
6. If drugs were a problem in your life, admit whether you hide this fact in order to be accepted in AA.
7. If drugs were your drug of choice, discuss why you've failed to be active in NA to help other addicts.
8. If drugs were your drug of choice, admit if you drink alcohol and then hide this at AA or NA meetings.
9. Describe any particularly bad "trips" you had on drugs.

P. ALANON

1. If you have strong negative feelings about alcohol or alcoholism or alcoholics, write about these feelings. If you are aware why you have them, cover this in your writing. Include your honest thoughts and feelings about alcoholism. (Is it a disease the way the alcoholic claims or a weakness? Is the alcoholic truly powerless?)

2. Record any and all painful memories you have that were caused by any other person's drinking (about which you have not yet written in this inventory.) (Caused by your dad, your mom, a sister or brother, a close friend, a date, a child, or a spouse.) If you suffered at the hands of a sober or drinking alcoholic from being lied to, being beaten, being abandoned, being molested, being raped (including by a husband or a date), being publicly embarrassed, being financially used, include each of these experiences and your feelings regarding them.

3. Tell all the unfortunate ways the drinking of another person affected your life. (Did you keep long vigils, wasting your life waiting for and worrying about a drunk coming home? Did you scout the area bars trying to find and rescue your drinking spouse? Did you let yourself fall apart in physical appearance: your weight, your clothes, your hairdo, your makeup? Did you tell lies to save the drinker's job or respect from family or friends? Did you nag? Did you nag and get beaten physically?) Now examine the pain in your life resulting from the drinking of others and honestly admit how much of all this *you allowed to happen to you*. (Children are not often free to escape the effects of an alcoholic parent's or guardian's conduct; adults are. See if you can own your responsibility for the misery you yourself experienced.) If you allowed these things to happen to you, see where you tend to put the blame: on the alcoholic? your Church? God? your health? your children? your finances? for locking you into the cycle of alcoholism? List any ways not yet covered in which you were an "Enabler". If you feel any guilt or responsibility for allowing another's alcoholism to progress and develop because of your enabling, be sure to cover this in your writing. List any ways not yet covered in which you played "The Victim."

4. If you suspected or knew the alcoholic in your life was sexually unfaithful to you, write your reaction. See if you played "ostrich", burying your head in the sands of denial trying to pretend there were no problems in the relationship. Or, on the other hand, see if your coldness and nagging drove the alcoholic to seek acceptance in the arms and bed of another. If you used sex to punish and/or bribe and/or reward the alcoholic for drinking or not drinking, write about any harmful effects this had on you or on your relationship. If you allowed yourself to have sexual relations with a drunken alcoholic, write any negative feelings towards yourself and/or the alcoholic that you had or have. If you retaliated to suspected or real infidelity by being sexually unfaithful yourself, write any guilts or fears you had or have about this indiscretion. If your affair affected your marriage, be sure to cover this in your writing.

5. List any negative ways you allowed drinking to affect your children and/or the alcoholic's children. (Did you allow these children to be subjected to possible or continuing verbal abuse? Physical abuse? Emotional abuse and degradation? Sexual abuse? Financial abuse and deprivation? Spiritual abuse

and neglect?) If your children or step-children blame you or are cold to you today (or have been at significant times of their lives), discuss your reaction to this rejection. See if you can accept the pain you caused in their lives by subjecting them to active alcoholism. (Did you involve any or all your children or step-children in the "alcoholic game"? Did you use them to pressure the alcoholic to stop drinking?) If you hauled them with you when you would be hunting the alcoholic in your life, if you kept them from sleeping by your worrying and fretting, if you stripped them of serenity by your volatile temper, your erratic mood swings, your lack of concern for them and their world because of your fixation with the alcoholic's alcoholism, your putting them in the middle of an emotional tug of war between you and the alcoholic, if you harmed your children by changing the parent-child relationship and making them assume responsibility for protecting you, shielding you, providing for you as you fell apart, if you robbed your children of their childhood, write specifically what you did and how you feel about it. Using these questions as a guide, see if you can accept responsibility for sacrificing your children to the alcoholic's disease. Of course include any strong feelings of shame, guilt, depression you have connected with these questions.

6. If you allow your guilt over the memories of abuse your children suffered to be an excuse for not disciplining them today, for allowing them to date without proper rules, for allowing them to age without proper chores and responsibilities, for your playing "Enabler" in the start of their alcoholism or addiction (by blaming their using on the alcoholism in their childhood), write out each instance in which you failed to act as a responsible parent. Discuss how your failure to discipline can bring more harm to your children.

7. Write out all of your duties that you neglected as you allowed another's drinking to dominate your attention and/or life. (Duties to your own parents? Job? Church? God? Home? Society?) (Failing to vote, to share in your children's school activities, to be part of community work.)

8. If the alcoholic in your life went through treatment, write any ways you failed to cooperate fully with the program. Explain why. Discuss any failures on your part to be open or honest about yourself, the family situation, your alcoholic during "Family Week" or family therapy. What family secrets stayed buried? Why? If you were bitter or jealous at the focus of the spotlight being on the alcoholic, not on you, write about your pain and what you did to handle it.

9. Write anything negative in your present attitude to the alcoholic in your life or to AA or Alanon. If the alcoholic in your life seems to be slipping away from the Program, discuss any old feelings and "games" you see returning to your life. (Are you nagging? Trying to intervene? To control?) If the alcoholic is still active in AA, write any negative feelings you have or actions you've taken towards the Program. (Are you jealous of AA friends? Women in AA?) If you tried to snoop on the alcoholic's program, if you searched for or read his or her inventory, if you tried to intervene in the alcoholic's Program by communicating with his or her sponsor or friends or by dropping little "helpful" suggestions, write out each interference, each attempt to rescue, each effort to control. If you're trying to manipulate or pressure the alcoholic in your life to attend your or his Church again, admit if this is this a possible step to weaken the alcoholic's ties to the AA Program. Write out any and all negatives in your

relationship with the alcoholic's sponsor. (Do you call the sponsor to report fights? Are you jealous of the sponsor's importance? Do you drop belittling statements or gossip about the sponsor to weaken the relationship? Do you spy on the conversations the alcoholic has with his or her sponsor?) Write any negative feelings or actions you have towards those the alcoholic in your life sponsors. Use the above questions as guidelines for looking at your conduct with these sponsorees. Finally, if you spread gossip any alcoholic or Alanon tells you about those in AA and/or Alanon, admit anyone you may have harmed and any amends you owe.

10. Take an inventory of your own Alanon Program. Include a discussion of whether you were forced to attend, whether you attend for yourself or for the alcoholic in your life, whether you feel Alanon has the same quality as AA. (Are its meetings as good? Is its literature as good?) whether you're bitter about the way many AA's see Alanon, whether you wish you were an alcoholic. Since loneliness is such a common trait for many Alanons, examine whether you feel you have friends in Alanon. Look at your relationship with your sponsor. Examine and admit ways you don't use your sponsor properly, you don't call as often as you should, you don't call before making a major decision. List any and all ways you don't trust your sponsor. Take your sponsor's inventory. List everyone you resent in Alanon. In AA. Tell why. If you have quit attending a particular group, meeting, or Club because of some person, affront, event, discuss it fully.

11. Many in Alanon say that "denial" is the single most common trait shared by Alanons. Sweep a searchlight on your past to see if you can recognize denial as active in your life. Write some areas where today you are aware of living in denial in the past. Cover more than the alcoholic's drinking. See if you blinded yourself to faults of an alcoholic or non-alcoholic parent, brother, sister, child, friend. Then see if you can spotlight any tendencies to use denial today.

12. If, after facing alcoholism one or several times in your world in the past, you are now facing alcoholism or addiction in the life of one off your children, write any negative feelings you have. (Bitter at God or fate or life? Exhausted before the battle begins? Suicidal?)

Q. ODDS AND ENDS

1. Write out any unusual traits of personal cleanliness that would nearly destroy you if others ever learned of them. (Do you eat snot? Pick your genitals? Your rectum? Are you too clean? Are you dirty?)
2. Discuss any patterns in the way you dress that are harmful to you. (Do you dress to make yourself look sexually loose? Does your make up make you look loose? Hard? If you're a guy, do you wear way out clothing or jewelry that results in people avoiding you? If you're gay, do you dress in a way that advertises your sexual preferences? Do you then mind the rejection you experience? Do people laugh at the clothes you wear?) Discuss your feelings about any pain in your life from the way you elect to dress.
3. If you're either too tight or too loose with money, discuss your pattern and any harmful affects or negative feelings that result from this pattern. If you often bum things like cigarettes from people, admit your habit; see if your mooching hurts your relations by causing people to avoid you. If you don't volunteer to pay the restaurant bill or other tabs a fair share of times, examine why; see if you feel the world owes you a living . If you try to buy and control people by giving them gifts, paying for their food, loaning them your property, examine the harmful affects this has on your relationships by placing others on unequal terms. If you're always writing hot checks, look at your habit and the pain it brings into your life; then see if this pattern is part of your self destruct Examine how you manage credit cards; if you over charge, admit your weakness and the problems it brings into your life (and the life of your family.)
4. If you're often late for meetings and appointments, if you force others to wait on you and also be late, admit your fault. Then see if this is an unconscious way to control others or to express "passive aggression." On the other hand, if you're always early, write any resentment or intolerance you have for those who are late. In either case, early or late, write any affects your pattern has on the people with whom you usually relate.
5. If you feel you're not attractive, if you feel you're ugly, write about your feelings. Write what you least like about your body. If you're having trouble accepting the reality of aging, write about your fears. (Admit if gray hair and/or wrinkles are traumatic for you.) If you're still trying to live in an earlier age, dressing, talking, acting like a teenager, always traveling with younger people, honestly admit your pattern and the affect it has on your relationships. (Are they parent/child rather than equal relationships?)
6. If you don't exercise your rights (and duties) as a citizen by voting, admit your failure. If you have lost your citizenship rights, write any lingering resentments.
7. Look at the "games" you play to get your way. (Pout? Sulk? Cry? Be good? Get sick? Have a fit? Storm out? Get violent physically? Curse? Act like a good little girl or boy?) Look at the games

you play when you *don't* get your way. Write about both, trying to see the harm these games have on your life.

8. Look deeply and admit which of your strong points you are ashamed of. For example, write about any ways you've tried to hide your intelligence, your good grades, good voice, dancing ability, athletic ability. See if you can recognize this as false humility. On the other hand, see if you sometimes are obnoxious, parading your strong points (like grades) in front of those who are weak in these areas. If you do, admit your insensitivity to their feelings.

9. Admit if you don't stand by your word, show up when you promise, fill commitments and pledges you have made. Write about how not being reliable hurts your relationships with others. If you constantly make threats (including to your children) and never carry them out, examine how harmful this can be in your life and in the lives of others.

10. Make a list of all those you've seriously hurt with gossip; be sure to include what you revealed. Do the same if you've revealed information given you in confidence, broken the anonymity of anyone in AA, said someone had a slip and learned later they didn't. If you've weakened the unity of some Group or Club by spreading talk you knew would divide people, be honest and admit what you did and how deadly this can be.

11. Write about any serious harm you threaten by the way you drive a car. (Endangering your life and the lives of others driving too fast in cities? Driving under the influence of alcohol? Of drugs? Risking the property of others driving uninsured?) Discuss how you feel about the police. (Do you still hate them? Are you still scared by them? Are you angry at the police, not yourself, when you get a speeding ticket?)

12. Write any and all unfair or illegal business practices you've used in the past. (Have you lied to sell something? Have you deliberately hidden its faults to sell it?)

13. If you still live partially or entirely off your parents, write any harmful affects this has on your self respect and maturity. Do the same if you often spend too much knowing your parents will rescue you from your bills.

14. If you've ever spent too much deliberately planning to file bankruptcy, admit what you did (include a discussion of whether you see this deliberate overcharging as stealing from your creditors.)

15. Write your hurts and reactions if you feel no one understands, loves, cares about you. If you scorn people who are less blessed in some areas different from your strong areas, see if this helps you feel superior.

16. Write ways in which you're not a good friend. (Do you use people? Are you afraid to allow other people to get too close to you? Your sex? The opposite sex? Do you resent people who rely on you?)
17. Admit any areas of your life where you're closed to new ideas: politics, religion, life, AA?
18. Discuss any tendencies you have to live too much in the past with guilt, shame, anger, and depression and/or too much in the future with fear, anxiety, depression.
19. List the *major* fights and arguments you have had with people in all areas of your life since you've been sober. Include whether you've been unable to forgive any of these people.
20. List the bigotries you now have, the strong ones you used to have.
21. List any defect defects you're now unwilling to give up.
22. Write any negative memories or feelings connected with smoking. (When did you first sneak a cigarette? How long have you been smoking? What do you feel about non-smokers? ex-smokers? About people who ban smoking from their homes or offices? Do you accept your own smoking?)
23. Admit if you're terrified by death or if you've been deeply scarred by the death of anyone close to you. Write out the experience and your feelings. If you've ever seen anyone die, write any negative memories or feelings associated with the death. Tell whether the memory still haunts you.
24. If you're a compulsive talker, write out all the pain this brings into your life or the lives of others. Include whether you let others speak, you listen, you hear what others say.
25. If you're a compulsive buyer, describe your weakness and the harmful affects it has on your life and the lives of others, including those closest to you.
26. If you're a compulsive eater, describe your addiction and the harmful affects it has on your life and the lives of others, including those closest to you. Include comments on whether you've been putting on weight in sobriety and any negative reactions you have to this. Discuss anything about your eating habits that upset you. If you're anorexic or bulimic, discuss in detail your problem, its affect on your life, and its affect on the lives of those closest to you.
27. If you're a compulsive gambler, describe your weakness and the harmful affects it has on your life and the lives of others, including those close to you. Include comments on how your compulsion has penalized you and your family by spending funds needed in other areas of living, how you spend hours gambling that you should spend with your family, how you used funds that were not yours to gamble. Discuss any fears, resentments, and amends connected with your gambling.