

1. Select a time when you were angry towards someone whilst drinking / drugging.
Can you justify your behaviour? What may have been different if you were clean and sober?

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2. How does your personality change when you are under the influence of drink or drugs?

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3. Compare stopping drinking/drugging to pausing.

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4. Have you tried to stop on your own and found you couldn't?

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5. Have you stopped using and found that life was so painful that it didn't last very long?

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6. Look at a time when you stopped using drugs / alcohol for a while, what did you do instead, how did you cope?

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7. How does the self-centered part of the disease affect your life?

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8. When thoughts occur to you, do you immediately act on them?

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9. What things have you done to maintain your addiction that you said you would never do?

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10. Do you accept responsibility for your life and your actions?

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11. Can you cope with day to day tasks without using?

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12. Do you ignore things thinking they will work out somehow?

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13. Have you ever been in real danger and been so out of it you were completely vulnerable?

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14. Is your addiction bad enough?

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15. How have you compared your addiction with others?

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16. What effect has your lack of consideration had on others?

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17. Is there something you think you can't get through whilst being clean?

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18. If circumstances were different could you control your drinking or drugging?

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19. Are you willing to give recovery your best effort? What are you going to do?

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