

Did you believe you could control your addiction? Give some examples.

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Have you acted on obsessive thoughts even though you knew that the results would be disastrous?

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Argue the idea, in writing, that we cannot restore our sanity on our own and need a higher power in our lives to guide and nurture us back to right thinking.

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What do you have hope about today?

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What evidence do you have that a Higher Power is working in your life?

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What actions are you taking that demonstrates your trust in the process of recovery and a power greater than yourself?

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In what ways has your life changed since you have been in recovery?

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