

## Working Step One

1. Was there some specific event or circumstance that created a need for me to start using pills? Explain.
2. How do I feel about the statement, "one is too many, and a thousand is never enough"?
3. Did I ever take pills or other mind-altering substances to change or suppress my feelings? What feelings was I trying to change/suppress?
4. What changes in my personality occurred when I was "acting out" in my addiction? (For example: Did I become anxious, self-centered, apathetic, or mean, or passive to the point that I could not protect myself? Controlling and manipulative? Other behaviors?)
5. What changes occurred as my using progressed?
6. When did I come to the realization that my addiction was starting to become a problem? Did I make any effort to change? If so, what did I do to change? If not, why not?
7. In what ways was I manipulative and controlling when it came to getting and using my pills?
8. How have I blamed others for my behavior and my using?
9. To continue my pill use, what things did I do that were completely opposite to my values, principles, and beliefs?
10. How did I feel about myself when I realized I had compromised my values, principles, and beliefs?
11. How did my relationships with myself and others change as a result of my pill use?
12. What legal consequences, if any, have I suffered as the result of my pill use?
13. Have I ever done something that I knew was illegal, something that I could have been arrested for if caught? What were those things? How did I feel about that at the time? (For example: Did I feel shame? Did I feel smart and proud that I got away with something?)
14. What financial consequences have I suffered as the result of my pill use?

15. What occupational consequences have I suffered as the result of my pill use?
16. What health consequences have I suffered as the result of my pill use?
17. Have I ever had a blackout or passed out as the result of my pill use? Describe the circumstances and results.
18. Have I ever tried to stop using pills and found that I was unable to do so? Did I feel that life was so painful without the pills that I could not stay abstinent very long? Explain.
19. What happened when I ran out of pills? How did I feel and what did I do to get more?
20. What were some of the ways I tried to control or manage my pill use? For example: cutting back on the number taken at one time, spacing the using times farther apart, or switching to other types of pills or another mind-altering substance such as alcohol.
21. Which specific mind-altering substances (including alcohol) have I consumed and abused in the course of my addiction?
22. When my disease was at its worst, what, how much, and how often was I using?
23. When I found myself in a dangerous situation, was I indifferent to the danger or consequences or somehow unable to protect myself as the result of my pill use?
24. How much money have I spent obtaining pills? For example: the cost of the pills themselves obtained from a pharmacy or other source, doctor or emergency room visits, unnecessary medical procedures, and travel to pharmacies or other countries.
25. Is there some specific event or circumstance in my life that I think I cannot get through clean, one that would prevent me from surrendering to my powerlessness over pills?
26. What will happen to me if I do not address my pill use?
27. Do I think I can still associate with the people, places, and things that were associated with my pill use?
28. What dreams have I discarded, or found myself unable to pursue, as the result of my addiction to pills?
29. What opportunities have I failed to recognize, or have I been aware of, but let pass by as the result of my pill usage?

30. What event or specific events, if any, have brought me to Pills Anonymous?
31. Do I believe that I have a chronic, progressive, and potentially fatal disease? If so, how can I treat it?

## Working Step Two

1. Based on the definition of sanity discussed in this chapter, what are some examples of my behavior that are contrary to this definition? For example: Did I often not act in the best interests of myself or others? Did I try to control my pill use? Did I put myself or others in dangerous situations? Did I quit jobs, friendships, or other relationships because they interfered with my pill use? Did I physically injure myself or others? Did I ignore real medical issues because I was afraid my pill usage would be discovered?
2. For each of these examples, what would have been the sane thing to do?
3. Finding myself able to do something sane even one time in a circumstance or situation where I was not able to in the past can be considered evidence of sanity. Have I had any experiences like that in my recovery? What were they and what do I think led me to act sanely?
4. In what areas of my life do I need sanity now?
5. What concepts of a Higher Power was I taught as a child?
6. What is my current concept of a Higher Power?
7. What do I want to believe about a Higher Power?
8. What fears do I have about “coming to believe”?
9. Do I have problems accepting that there is a power greater than myself?
10. What is holding me back from acceptance of such a power? (For example: fears, inability to trust, and ego).
11. Have I ever believed something for which no real physical evidence existed? What was the experience like?
12. Have I asked for help from my sponsor, gone to meetings, and reached out to other recovering pill addicts? What were the results?
13. What experiences shared by other recovering pill addicts about “coming to believe” have I connected with? Have I

tried to incorporate any of them into my thinking and my life?

14. Why is having a closed mind dangerous to my recovery?  
How can I demonstrate open-mindedness in my recovery and my life today?
15. Am I willing to acknowledge the possibility that a Higher Power of my own understanding could restore me to sane behavior?

## Working Step Three

1. Why is making a decision essential to working this step? Can I make this decision just for today, one day at a time, or for one hour at a time?
2. Do I have fears about making this decision? What are they?
3. What areas of my life do I believe are difficult to turn over to my Higher Power?
4. In what ways has my self-will been ineffective in managing my life, and how has self-will hurt me, as well as others?
5. Were there times, such as when I wanted to stop using pills, that my own will or willpower was insufficient?
6. What is my current understanding of "God," or a "power greater than myself," and how is that power working in my recovery and my life today?
7. Am I beginning to recognize the difference between the things I can change and the things I cannot? What are some examples of the things I can change? What are some examples of the things I cannot change?
8. Am I willing to turn the things I cannot change over to the care of my Higher Power?
9. Am I willing to ask for help in order to take care of myself and others?
10. How have hope, faith, and trust become positive forces in my life today? What further actions can I take to further develop and apply these principles in my life as my recovery progresses?
11. What actions do I plan to take to follow through on the decision I made in working this step?

## Working Step Four

*Working Step Four can seem like a daunting task. However, as others have found in their recovery, the discovery process is certainly worth the effort. With the help, guidance, and encouragement of our sponsor, we will be able to take stock of our lives, one inventory item at a time. Here are some questions we found helpful to consider and answer in writing before beginning our Fourth Step inventory:*

1. Why does my recovery involve more than abstinence from using pills and all other mind-altering substances?
2. What benefits can I expect to see as a result of making a fearless and thorough moral inventory?
3. Why is it important that I not procrastinate about making this inventory, and what are some of the risks of procrastination? What are some of the benefits of *not* procrastinating?
4. How will working with a sponsor and talking and listening to other addicts reassure me that I can handle whatever is revealed in my inventory?
5. How will working this step show my positive qualities, such as honesty, courage, faith, and willingness?
6. Does the word “moral” bother me, and am I afraid I will not be able to live up to society’s expectations?
7. How do my current ideas about what is right and wrong compare with society in general? Are there any differences between my own beliefs and society’s moral standards?

*After answering the above questions, it is time to write out our inventory. Some of us prefer to answer the questions that follow, while others prefer to use a chart format. The choice is ours, but we should discuss both of these methods with our sponsor before deciding which one to use.*

*In our first Fourth Step, most of us cover our major resentments, fears, sexually related harms, other harms, and assets. As we work on this step, more resentments, fears, harms, or assets may come up and we can certainly add those, but at some point, we must stop and move on. The advice of our sponsor is invaluable in deciding when we have written enough. Since these personal inventories are part of a life-long process by which we keep our*

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*house in order, we can always revisit the Fourth Step to add new or newly remembered inventory items, but we cannot use this as an excuse to leave anything out when we work the Fourth Step for the first time.*

### Question Format

#### Resentments

1. What people, institutions, organizations, or beliefs do I resent or have I resented in the past? Describe the situations and circumstances that caused these resentments.
2. What were the motivations or beliefs that caused me to form these resentments and act as I did in these situations?
3. How did I feel threatened in each of these situations?
4. Did I do anything wrong, or have any part in creating the situations that led to these resentments?
5. How does my dishonesty cause me to experience resentments?
6. How does my fear of or my inability to experience certain feelings cause me to develop resentments?
7. How have my resentments influenced my relationships with myself, with other people, or with a Higher Power? How have my resentments cut me off from these relationships and isolated me?

#### Fear

1. How have I cheated myself out of positive experiences because of fear?
2. What fears do I have about exposing myself, and about the consequences of doing so?
3. Who, or what, do I fear?
4. How have I been destructive because of these fears? How have I tried to cover up these fears or act as if they did not exist?

#### Feelings

1. How can I identify and understand my feelings? How can I now allow myself to have feelings?
2. Who, or what, can trigger my feelings? What feelings are triggered? What are the situations that present these triggers? Where do my feelings come from (my part)?

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3. What were the true motives behind these feelings and how did they cause me to act out in the way that I did?
4. What can I do with my feelings once I have identified them?

#### Guilt and Shame

1. Who, or what, in my life do I have feelings of guilt or shame about? What were the situations and circumstances that led to those feelings?
2. Which of those situations caused me to feel guilt or shame even though I had no part in them?
3. In those situations in which I had a part; what beliefs, feelings, or motivations caused me to act as I did? How have my own actions caused me to have guilt and shame?

#### Relationships

1. What negative aspects of my personality have made it difficult for me to form friendships or other relationships? What has made it hard for me to maintain relationships?
2. Have I compulsively looked for superficial relationships?
3. How and why have I avoided intimacy in my relationships?
4. Have I ever ended a relationship for fear of getting hurt?
5. Do I believe my family relationships are stuck in the same patterns, with no hope of change? What is my part in that?
6. Have I felt like a victim in my relationships because of my own unrealistic expectations?
7. Have I considered the feelings and needs of others *and* myself in my relationships? For example, compared to other people, do I consider my feelings more important, less important, or equally important?
8. Did I join clubs or membership organizations only to quit because I felt that my needs were not being met?
9. What are my feelings about work associates, people I went to school with, neighbors, and other similar relationships?
10. Have I ever been institutionalized (treatment center, psychiatric hospital, prison) or held against my will? Did I follow the rules or try to break the rules? How has that affected my personality and attitudes?

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11. Have I ever left a relationship rather than work to resolve a conflict?
12. Does my personality change according to the people with whom I associate?
13. What action can I take to change my personality and develop healthy attitudes about relationships?

### Sex

1. Have I ever tried to use sex to avoid loneliness or fill a spiritual void, and yet still felt alone and empty?
2. Have I been unable to tell the difference between sex and love? How has acting on that confusion caused me to feel guilt and shame?
3. In what ways was my sexual behavior selfish?
4. How have my sexual practices hurt myself or hurt others?

### Abuse

1. Have I been physically or emotionally abused in the past? Who do I remember abusing me and in what way? When do I remember that abuse occurring? How do I remember feeling after the abuse occurred? What feelings do I still have because of the abuse? Have I continued to feel like a victim because of that abuse?
2. Have I ever abused anyone in any way? Who and how? Was I acting sanely when doing so?
3. What were my feelings after doing so?
4. Did I make excuses, try to justify my actions, or blame my victim? Describe this.
5. What actions can I take, with the help of my Higher Power, to help me be restored to spiritual wholeness?

### Assets

1. What are some of the things I like about myself?
2. What are some of the things about me that other people like?
3. What are some of my past accomplishments and what hopes do I have for the future?
4. How have my good qualities begun to surface in my recovery? Which of these character assets have grown the most and how?

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### Secrets

1. Are there any secrets I have not disclosed in my Fourth Step?  
What are they?

### Chart Format

*In this alternative format, we outline our inventory in a chart format. We use as much space as needed in each row to allow us to include sufficient detail about the issue we are addressing. As in the question format, we also begin with a review of resentments.*

### Resentments

In this section, we list details in each column:

**I am or was resentful at:** In this column we list all the people, institutions, and principles we have (or previously had) resentments against.

**Because:** Under this heading we identify why we have the resentment. What was done to cause the resentment? If there are multiple resentments related to this person, institution, or principle, we list them all.

**This affected my:** In this column we choose one or more ways that we felt threatened or hurt by each situation listed in the "Because:" column. These may include self-esteem, pride, emotional security, financial security, sexual relationships, personal relationships, and social standing.

**What did I do, and why?** Here we write about how we responded to each situation and to the person(s) involved in or affected by the circumstances. We also list one or more character defects that were responsible for the actions we have just described. These traits include, but are not limited to: selfishness, dishonesty, fear, lust, vanity, greed, arrogance, perfectionism, anger, conceit, grandiosity, envy, jealousy, distrust, self-pity, laziness, gluttony, intolerance, irresponsibility, procrastination, and lack of consideration.

It might be helpful to use an example to demonstrate the process:

*As a teenager I resented my dad because he criticized me and grounded me. This affected my self-esteem and I stayed out all night because I was so angry.*

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*Later on, I developed resentments against my spouse, who always wanted to spend money on things I didn't care about, so I divorced her.*

To address these issues, my chart might look like this:

<b>I am or was resentful at:</b>	<b>Because:</b>	<b>This affected my:</b>	<b>What did I do, and why?</b>
Dad	He criticized me and grounded me	Self-esteem	I made him worry by staying out all night: anger, arrogance, lack of consideration
Spouse	Spent money against my wishes	Financial security	Divorced her and refused to pay alimony: greed, anger, and envy.

*After completing the Resentments section, we look over our work and add any additional resentments we hold against people, institutions, or principles, now or in the past. Next, we begin the Fears section, completing one column at a time, and then move on to inventory our sexual conduct. We then review any other people or institutions we have harmed, including ourselves.*

*Finally, we inventory our assets, listing the people and groups we have helped or are now helping, describing the good things we have done and the positive qualities exemplified in each incident.*

We list as many of our assets as we can think of, and explain how we have used them in the past, as well as in our recovery today. Some examples are: humility, happiness, trustworthiness, courage, confidence, respectfulness, diligence, enthusiasm, patience, modesty, goodwill, honesty, strength, compassion, empathy, acceptance, kindness, optimism, peacefulness, decency, responsibility, supportiveness, unselfishness, graciousness,

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hopefulness, forgiveness, restraint, tolerance, fairness, sincerity, openness, fidelity, gratitude, generosity, integrity, faith, willingness, open-mindedness, and serenity.

Here are samples of the charts, one for each section of our inventory. We have only shown two lines for each section to save space, but as many lines as needed should be added to complete the inventory. We also adjust the height and width of each column to accommodate our needs. In actual practice, our writing in the second and fourth columns will generally require the most space.

#### 1. Review of Resentments

<b>I am or was resentful at:</b>	<b>Because:</b>	<b>This affected my:</b>	<b>What did I do, and why?</b>

#### 2. Review of Fears

<b>I am or was afraid of:</b>	<b>Because:</b>	<b>This affected my:</b>	<b>What did I do, and why?</b>

#### 3. Review of Sexual Conduct

<b>Who I harmed:</b>	<b>Because:</b>	<b>This affected my:</b>	<b>What did I do, and why?</b>

#### 4. Review of Others We Harmed

<b>Who I harmed:</b>	<b>Because:</b>	<b>This affected my:</b>	<b>What did I do, and why?</b>

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5. Listing and Review of Our Assets

<b>Who I helped or benefitted:</b>	<b>What did I do, and why?</b>	<b>Positive traits exhibited:</b>

## Working Step Five

1. What are my hopes and fears about sharing my faults and secrets with someone else?
2. What is it about the person who will hear my Fifth Step that I connect with, that makes me feel comfortable about making my admissions? What are the specific qualities that make him (or her) the right person to hear my Fifth Step? (For instance: trustworthiness, commitment to recovery, being non-judgmental, and having a positive attitude.)
3. Am I willing to turn my will over to my Higher Power and trust the person who will hear my Fifth Step?
4. What are my expectations about the person who will listen to my Fifth Step?
5. How will I develop a new understanding about how to participate in relationships as a result of working Step Five?
6. Why is it important to discuss and understand the exact nature of my wrongs and not just the wrong actions themselves? What is the difference between my wrong actions and the exact nature of my wrongs?
7. How have I practiced self-deception while avoiding self-honesty in the past, and how does working Step Five help me come to accept myself?
8. Practicing the principle of courage is essential to working this step. How will practicing this principle help me as my recovery progresses?
9. To what extent has working Step Five helped me develop love and compassion for myself and for others?
10. How has my relationship improved and deepened with my Higher Power, my sponsor, with others, and with myself as the result of working Step Five?
11. How honest and thorough was I? Did I knowingly hold anything back?

## Working Step Six

1. In the process of working my Fourth and Fifth Steps, how aware did I become of my negative character traits?
2. Which of my character defects stand out the most?
3. Which character defects were like survival skills, and how do I feel they protected me when I felt threatened?
4. How did my pill addiction help me to nurture these defects and act out on them?
5. When I acted out on each defect, what effect did it have on me, and on others?
6. What feelings can I match to each defect? Was I trying to hide from or suppress these feelings by my actions?
7. What would my life be like if I could apply or substitute spiritual principles for these defects?
8. Do I have fears about the person I would become as the result of asking God to remove these defects of character? For instance, do I fear that I would not be able to protect myself?
9. What would my life be like today without each of these defects? What specific goals could I attain if I did not have these defects? What opportunities could I recognize and take advantage of, if I did not have these defects? In what ways could I be a better parent, child, friend, spouse, worker, etc. without these defects?
10. How does the quality and resolve of my surrender deepen in this step, and what actions can I take to feel and show that I am entirely ready for God to remove these defects of character?

## Working Step Seven

1. What would my life be like if my Higher Power were to remove even a few of my worst shortcomings?
2. How does the principle of humility affect the process of my recovery? How does my awareness of my own humility help me to work Step Seven?
3. What can get in the way of asking for help (for example: apathy, low self-esteem, ego, and fear)?
4. How can I benefit from listening to other pill addicts share about asking their Higher Power to remove their shortcomings? How can other addicts and my sponsor help me in doing this for myself?
5. Have there been times when I have been able to refrain from acting on a specific character defect and practice a spiritual principle instead? Do I recognize this as God working in my life?
6. How does getting out of the way so my Higher Power can work in my life help me to practice spiritual principles?
7. What action can I take when I become impatient and feel that my shortcomings have not been removed immediately, or as quickly as I asked? Will this action help me be confident that they will eventually be removed, in God's time?
8. How has recovery meant not only exposing shortcomings that need to be eliminated, but also discovering assets that need to be emphasized?
9. What assets would emerge if God removed the character defects I discovered in Steps Four and Five and listed in Step Six?
10. How strongly do I believe that recovery is an ongoing process, and that it is necessary for me to work Step Seven on a continual basis?

## Working Step Eight

1. Why have I been reluctant to begin this step? What are some of my fears?
2. What other things get in the way of making amends (for example: shame, pride, justification, resentments)? What else?
3. Why is determining the exact nature of my wrongs important in the Eighth Step?
4. What are the different types of harm that I have caused? Have I included everything from the obvious harms, such as stealing, dishonesty, and physical abuse, to the more subtle types, such as abandonment and neglect?
5. As I list the resentments that stand in the way of my willingness to make amends, can I let these resentments go for now? If not, can I scrape together the willingness to add these names to my list anyway and work toward becoming willing later? With the help of my sponsor, can I prioritize them according to their importance?
6. What are some of the things I have done to become willing? How do I feel about praying for willingness?
7. Why is it important to include myself on my list?
8. Why should I consult with my sponsor if there is anyone I am not sure about including on my list?
9. Why is it important not to rush things and try to make amends before consulting with my sponsor? What are the possible consequences?
10. Am I beginning to feel more connected with others and the world around me as the result of working this step? Am I beginning to feel compassion and empathy for others and myself? Describe.

## Working Step Nine

*Having accepted responsibility for the harm we caused, and having developed some willingness to right those wrongs, we now tackle the gut-wrenching, yet deeply rewarding Ninth Step. To everyone listed in Step Eight, we make direct amends wherever possible and, when necessary, we make indirect amends. We are always careful not to cause any further harm in the process. We have found that honestly and thoroughly answering the following questions and frequently consulting with our sponsor are of inestimable value in the completion of Step Nine.*

1. What is the purpose of Step Nine and how will it benefit my recovery and peace of mind?
2. How is making amends more than just verbally making an apology (like saying, "I am sorry.")?
3. Have I thoroughly discussed with my sponsor, and possibly another person in recovery, my list of amends and how to proceed with the amends process?
4. How can my Higher Power, my sponsor, and other recovering pill addicts be a source of strength in this process?
5. Am I spiritually prepared for making any difficult amends, and for dealing with the consequences? What have I done to prepare myself?
6. What types of changes or restitution (i.e. financial, behavioral, or living) am I willing and able to put into action to correct my wrongs?
7. What expectations do I have of how other people will receive my amends, and am I willing to turn those expectations over to my Higher Power?
8. How can I make up for the wreckage and pain I caused in the past, to my loved ones and myself, through living amends?
9. To whom do I make direct amends?
10. How will I make amends to those I have tried unsuccessfully to find?
11. What kinds of amends can be made when a person has died?

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12. What types of amends are those I cannot make without harming others? How can I make these amends anonymously to avoid hurting innocent people?
13. Are there any amends I want to make anonymously rather than directly? Have I discussed these with my sponsor?
14. Which amends am I procrastinating about and why? Are fears of personal embarrassment, financial loss, or loss of freedom holding me back? How has this stood in the way of my recovery?

## Working Step Ten

1. Why is it important for me to continue taking action each and every day to maintain my self-awareness and spiritual condition?
2. How has promptly admitting my wrongs helped me become aware of, and continue to change, my behavior?
3. Why is it important to continue taking a personal inventory on a daily basis and what might I achieve through this practice? What can I do to make sure that after a period of time a daily inventory will become second nature?
4. When and how do I seek guidance from my Higher Power in working Step Ten? How often do I seek guidance from my sponsor?
5. What are the items I have included on my checklist of positive and negative character traits?
- 6.

*The following questions may be used as a daily Tenth Step checklist*

1. How was I kind and loving to the people I encountered today?
2. In what ways was I selfish, dishonest, or afraid?
3. If I set myself up for disappointment, what contributed to this? Was it because of unrealistic expectations?
4. Did I allow myself to become hungry, angry, lonely, or tired by not managing my life well? If so, in what ways?
5. If I am taking things—or myself—too seriously in any area of my life, how did this show up in my perceptions, thoughts, or behavior?
6. Did I feel any fear in my life today? What about?
7. Did I experience any extreme feelings today? Which ones? To what was I responding and why did I have these feelings?
8. Did I feel disturbed about something and not share it with my sponsor or another recovering pill addict? How can secrets build up and cause difficulty with my clean time?

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9. Was there anything I did today that I felt I should not have done? Were there things I did not do today that I felt I should have done? What were these things?
10. Did I stay true to my personal integrity in all my relationships today?
11. Did I experience conflicts in any of my relationships today? What were they and who did they involve? How could I have behaved differently?
12. On occasions when I did not do the right thing, what could I have done differently? How can I do it better at the next opportunity?
13. Do I owe amends to anyone because of my behavior today? When and how can I make those amends?
14. What are some of the things I have done today that I feel positive about, and that have given me satisfaction? Do I want to be sure I repeat these actions?
15. How does practicing self-discipline in this step affect my recovery and my life?
16. Did I take care of myself by going to a meeting or talking to another recovering pill addict today? Was I of service to another person today?
17. What are some of the things I am especially grateful for today?

## Working Step Eleven

1. How have all the experiences I have had in recovery while working the steps, sharing with other recovering pill addicts, and practicing spiritual principles in my life, helped me to begin forming an understanding of what my Higher Power is like? What were those experiences? What did I come to believe in or understand about my Higher Power?
2. What characteristics and attributes do I believe my Higher Power has? How can I apply those qualities to my own life so that I can experience the changes my Higher Power has in store for me?
3. Have I come to believe there is a difference between spirituality and religion? What are those differences?
4. How does my relationship with Pills Anonymous help guide me on my spiritual journey?
5. What is my personal definition of prayer? How do I feel about praying? How and when do I pray?
6. How does praying steady my emotions and help me put life in perspective?
7. What is my definition of meditation? How do I feel about meditating? How and when do I meditate?
8. How do I feel when I am meditating, and do I see changes in myself as the result of these meditations?
9. In what situations have I been able to feel the presence of my Higher Power? How and what does it feel like?
10. What were the results when I made a conscious effort to align my will with God's will? What were some of the situations in which I surrendered my will?
11. What are some examples of what happened when I tried to run my life by my will alone?
12. Have I ever prayed for a specific thing, and after I received it, wished I did not have it after all? Have I ever prayed for

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something, not received it, and was later glad that I did not get what I so desperately wanted? Give examples.

13. How do I know the difference between my will and my Higher Power's will?
14. Why is humility essential for practicing Step Eleven?
15. What degree of commitment am I willing to make toward working Step Eleven on a regular basis, and how will I accomplish this?

## Working Step Twelve

1. What has my spiritual awakening been like as a result of working the steps?
2. How is my life different today as a result of working the steps?
3. In what ways has my spiritual awakening been a process, an event, or both?
4. What is the message that the Twelfth Step refers to, and in what ways was this message carried to me?
5. Why and how has Pills Anonymous been able to reach me in a way no one else could?
6. Why is it important to carry the message by sharing our experience, strength, and hope, rather than by giving advice?
7. What are some of the different ways in which we can carry the message?
8. What am I currently doing to carry the message?
9. In what ways am I being of service to others in Pills Anonymous? How am I being of service outside of Pills Anonymous?
10. How can I do more to carry the message? What is preventing me from expanding this area of my life?
11. How does it make me feel when I carry the message? Why do we say, "We keep what we have by giving it away"?
12. What are my expectations about the outcome of my service? Is my service unconditional?
13. What is my understanding of sponsorship? How well do I carry the message of recovery through sponsorship? What can I learn from the people I sponsor?
14. What are the spiritual principles I have learned in working the Steps?
15. What have I learned about the value of the principles that I can practice in all my affairs? Explain how these spiritual principles apply to each step: honesty (Step One), hope and openness (Step Two), willingness and faith (Step Three), courage and integrity (Steps Four and Five), willingness (Step

Six), humility (Step Seven), self-discipline and love for others (Steps Eight and Nine), perseverance (Step Ten), spiritual awareness (Step Eleven), and service (Step Twelve).

16. How can I practice these principles in my daily life and in all my relationships?
17. Which of these spiritual principles are the most challenging for me today?
18. In what areas of my life have I found it most difficult to practice these principles?
19. What tools can I use to make sure I practice these principles even when I do not feel like it?
20. In reflecting on where I have come from and where I am today, how important has this program been in changing my life? In what ways can I express my gratitude today?
21. What is the message I am living, and what will I leave for the suffering addicts who come to this program after I am gone?