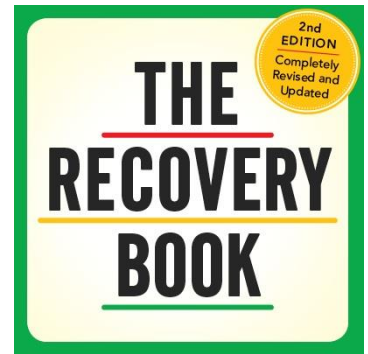


Personal Inventory Questions

*The Recovery Book:
Answers to All Your Questions About Addiction and Alcoholism
and Finding Health and Happiness in Sobriety*



Recovery Activities

- Did I have a plan for the day, and did I follow it?

- With whom did I spend most of my time?

- Where did I spend my time?

- Did anything threaten my sobriety recently? What?

- What specific work did I do on my recovery program (attending meetings, doing meditations, reading fellowship materials, or listening to recordings, etc.)?

- Is my attitude toward recovery constructive?

- What did I accomplish recently in regard to my recovery? Is there anything I wish I had done that I didn't do? What could I have done differently?

- What did I accomplish recently in regard to my spirituality? Is there anything I wish I had done that I didn't do? What could I have done differently?
- What do I need to add to my recovery activities in the future?

Relationships, Recreation, and Sober Socializing

- Was I honest in all my dealings?
- Have I been fair in all my interactions with others? Were there situations where I was wrong or unreasonable? Did I make amends?
- What good things happened? How did I react to them?
- Did any bad things happen? What were they? How did I react?
- What did I accomplish recently in regard to my relationships? Is there anything I wish I had done that I didn't do? What could I have done differently?
- What did I accomplish recently in regard to my recreational and social activities? Is there anything I wish I had done that I didn't do? What could I have done differently?
- What could I do in the future to improve these areas of my life?

Education, Career, and Finances

- What good things happened? How did I react to them?
- Did any bad things happen? What were they? How did I react?
- What did I accomplish recently in regard to my education, career, and finances? Is there anything I wish I had done that I didn't do? What could I have done differently?
- What could I do in the future to improve these areas of my life?

Physical and Mental Health

- What good things happened? How did I react to them?
- Did any bad things happen? What were they? How did I react?
- What did I accomplish recently in regard to my physical and mental health? What would I like to have done that I didn't do? What would I have done differently?
- What could I do in the future to improve these areas of my life?

Recovery Zones

- What Recovery Zone am I in today?
- Are there any reasons or signs I need to move back to a higher-risk Recovery Zone tomorrow or soon? What do I need to do to prepare for that or, if possible, avoid it?
- Are there any signs I am moving forward toward a lower-risk Recovery Zone? Is there anything more I can do now to help myself move in that direction?
- Should I move to a new Recovery Zone soon? Am I ready?

Read more at TheRecoveryBook.com

Get the first two chapters of The Recovery Book *free*: bit.ly/TRBAmaz2