

Welcome...

This is a list of questions for working the 12 Step program for recovery from addictive behavior. You are invited to pick those questions that seem most relevant to your recovery and answer them to the best of your ability. In this way, you can better keep track of truly *working* your 12 Step program. And in truly *working the program*, then you can gain the benefits of 12 Step recovery. Note that this does not claim to be a definitive list of questions or replace a therapist, good friend or sponsor in any way. In fact, this has started out from only one recovering addict's attempt to help you in your recovery process. It is hoped that this questionnaire will help you gain more insight, strength, and sense of closure as you work the program. You are invited to use it only as it works well for you. If you have suggestions for improvement or want to post updates or comments about these questions, please email the webmaster@12step.org so that this questionnaire can be as effective as possible.

Note also that the process of recovery can be a very delicate process. It may be one of the most important and difficult things you ever do in your life, so you are admonished to be gentle with yourself, get outside help when you need it and make time for nurturing activities in this process. This is not to say you should not be diligent (that is the purpose of these questions, to help you actually *work the program*). But in finding the right balance between diligence and gentleness, you will hopefully greatly enhance your process of recovery.