

FOR OFFICE USE ONLY	
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AGROOO__QE Revised 7/94 2 Pages	

## Al-Anon Tools of Recovery (Ala-GAATOR 2.1)

Henry A. Montgomery

**During the past 90 days, how many Twelve-Step meetings have you attended?**

\_\_\_\_\_ Al-Anon meetings during the past 90 days

\_\_\_\_\_ Other Twelve-Step meetings during the past 90 days

**Now for each of the following questions, please circle the number which best describes you during the past 90 days.**

<b><i>How true has this been of you during the past 90 days?</i></b>	<b>Definitely False</b>	<b>False</b>	<b>True</b>	<b>Definitely True</b>
<b>1. I have turned my will and my life over to my Higher Power.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>2. I have made direct amends to those whom I had harmed.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>3. I have shared my personal inventory with another person.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>4. I have believed that my recovery could only come from a power greater than myself.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5. I have made a list of my resentments.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>6. I have recognized that the amount of serenity I have is a direct result of the amount of humility which I have.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>7. I have taken a daily inventory of my behavior.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>8. I have accepted that it is useless to try to control the compulsions of others.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>9. I have told others about my spiritual experience.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>10. I have been ready to let my Higher Power remove my shortcomings.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

<b><i>How true has this been of you during the past 90 days?</i></b>	<b>Definitely False</b>	<b>False</b>	<b>True</b>	<b>Definitely True</b>
<b>11. I have made indirect amends to those whom I had harmed, when direct amends were not possible.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>12. I have found character defects which I am willing to give up.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>13. I have realized that no matter what I do, things get worse when I try to control others.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>14. I have shared my personal inventory with someone I trust.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>15. I have asked my Higher Power to remove my defects of character.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>16. I have made a list of people whom I had harmed.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>17. I have tried to practice the Twelve Steps in all my affairs.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>18. Writing down all my shortcomings has helped my sobriety.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>19. I have prayed and meditated.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>20. I have believed that awareness of my Higher Power is essential to my sobriety.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>21. I have discussed with another person how best to make amends.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>22. I have watched for selfishness, dishonesty, resentment and fear, and when these appeared, I have asked my Higher Power to remove them.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>23. I knew I must have faith in order to keep my sanity.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>24. I have shared my experiences, strength, and hope with others.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>