

## Childhood

- *What kind of relationship did your mother have with her parents?*
- *What kind of relationship did your father have with his parents?*
- *Were you wanted at birth?*
  - *Write out the circumstances of your family at the time of your birth, things such as:*
    - *Family size*
    - *Age differences*
    - *Financial status*
  - *Was there laughter, arguing, depression?*
  - *Were there other relatives or people living with you?*
- *In general describe what you think your family thought of you.*
- *How old were you at the birth of brothers and sisters? How did you feel about the new arrivals?*
- *Was either of your parents sick enough to need hospitalization?*
- *Were you separated from any important family members?*
- *Was there fear or guilt about this separation? In other words, did you feel responsible?*
- *Were you threatened by the bogey man or the devil etc., if you misbehaved? If so what were your fears in this regard?*
- *A child is made to feel guilty about his or her normal curiosity. This may come about by he or she being caught masturbating or playing doctor or for participating in group masturbation. Many parents tell children that sexual feelings are evil and must be punished. Without sex education and given this sort of teaching, a child may naturally distort what he or she knows about sex. When a child is exposed to fully developed nude persons (possibly in the bathroom. at home, or in public) he or she may begin to feel inadequate because he or she is not fully developed. These feelings may carry over into feelings of inadequacy in adult life even when that person is a fully developed adult. Write about any of the above that makes you feel uneasy.*
- *Were you afraid of the dark?*
- *Were you afraid to fight or were you afraid not to fight because of pressure of parents, siblings or others?*
- *How did your parents punish you? Did they try to reason with you or did they use physical punishment?*
- *How did you react to punishment?*

- *What kind of marriage do you think that your parents had?*
- *If your parents fought, did you resent it? Did their fighting scare you? Did they use you to break up their fights? Were you forced to take one side or the other?*
- *Were your parents so close to each other that you couldn't feel part of them?*
- *If your parents were from different religions, did you feel confused about it?*
- *Were you afraid of storms?*
- *List all feelings of guilt, fear and resentment you had as a child (not your feelings now) towards each person in your life.*
- *List the first time that you stole anything. Inventory all your thefts during your childhood.*
- *How old were you when you first masturbated? Were you ever caught and made to feel guilty? Did you feel guilty even though you weren't caught?*
- *In what other sexual curiosities were you involved or did you observe?*
- *If you were named after someone, what was that person like?*
- *Did your family move often? If so, did you make friends and then have to break off the relationship so often that you became afraid to get too close?*
- *Do you remember starting school? What were your feelings? Try to remember each successive grade in school and, as you do, write out the resentments you felt towards teachers, pupils, anyone else. Describe any fights, slights, hurts, embarrassments. Put it down on paper. Did you resent your church, relatives, parents or friends of parents? If so list your resentments. No resentment is too small to mention. The AA Big Book states "resentment is the number one offender".*
- *What kind of language did your parents use? Were you ashamed of them for this or anything else?*
- *Did you ever see your parents in the nude? If so, what were your feelings?*
- *Did you ever see or hear your parents having sex? If so, what were your feelings?*
- *In every family a child usually has certain chores assigned. What were yours? Were they fair? Could you do them well enough to please your parents?*
- *Did your parents seem to like your friends better than they did you? Did your friends seem to like your parents better than they did you? If so, did you resent this?*

- *Did you have any bad experiences at Sunday school? At summer camp?*
- *Were you an only child? Did you enjoy this or resent it? Did your parents want a child of the opposite sex when they had you? If so did they name you or dress you to match their sex choice?*
- *Write about any other childhood memories that were or are painful.*
- *Did your appearance (looks, dress, etc.) embarrass you? Did you feel that you were different from your classmates?*
- *Which of the above questions about childhood was the toughest for you?*

### Adolescence

- *Many children experience homosexual episodes. If there is an overload of guilt attached, he or she may suffer from fears of homosexuality or fear heterosexual experiences. A child may rely on the misguided sex information obtained from peers which can produce a number of problems. Sometimes children have unconscious desires which bring on conscious guilt to be worked through. What has been your experience concerning the above?*
- *Distortion may come when a person is too young emotionally to handle adult sex. There is involvement because of peer pressure, or the desire to please another. Performing adult sex acts without being in touch with adult feelings can lead to anger, disappointment and guilt. This will have a tendency to prevent normal sexual and emotional growth. The guilt can prevent the person from talking out the feelings with a mature adult, which may result in a need to repeat the same pattern over and over again. Write down your experience concerning the above.*
- *Some girls are taught that men are interested in sex only and some boys are taught they must be the greatest of all time. These attitudes are destructive and damaging to the total person. Have you experienced either of these attitudes? Is there a pattern? How has it affected you?*
- *Did you have friends? What kind of friend were you?*
- *What interest or lack of interest did you have in school? How was your social life? Did you participate in sports? What were your reasons for your participation or your lack of it?*
- *Were you a trouble maker? If so, in what way? Did you destroy property?*
- *Did you resent leaders, either physical or mental leaders? Did you resent not being the most handsome or beautiful person at school?*
- *Did you feel you were a coward because you didn't want to fight? Or did you like to*

*fight? Were you a bully? Did you feel embarrassed because anyone made fun of you or avoided you?*

- *Were you exposed to other children in gym class or the restroom that were older than you and more developed physically? Some people don't develop physically until late adolescence. Were you like that? Some people feel inadequate as adults because they were at one time exposed to youngsters who were more developed. Write about your feelings.*
- *Did you resent not being part of a crowd? Or not being a leader? Or not being "in"? Were you shy or outgoing? Did any particular type of person make you shy?*
- *If you dropped out of school. Explain your feelings and reasons. Did anything happen to you in high school that was an ongoing source of shame?*
- *Did your family compare you to other family members or to friends? Did you resent them for wanting you to be like someone else?*
- *How did you get the attention of your family? Did you pout, sulk, act like a good child, have temper tantrums or act like a dummy?*
- *What kind of lies did you tell if any? How did you feel when you got caught lying?*
- *What was the most embarrassing incident of adolescence? Were there any others that you remember?*
- *Were you jealous or envious of others?*
- *If sexual feelings were discounted and criticized in your family, there is a strong possibility that you will feel guilty about them. We "catch" attitudes. A boy who is always pushed to do better or is criticized no matter what he does may find himself having trouble in his sexual performance. A girl who has been told that it is not OK to feel sexy may grow up to dislike her own body and distrust her feelings. These attitudes can create unnatural or uncomfortable sexual behavior. Did you "catch" any of these attitudes?*
- *What were your feelings about your first sexual intercourse? Did you feel guilty? Did you feel disappointed? Be as explicit about the feelings as you can.*
- *List in detail any homosexual experiences, masturbation fantasies and any other sexual activity you particularly remember. Keep in mind that we are not concerned about whom, when or how often, but with how you felt about the experience.*
- *If you got someone pregnant or became pregnant yourself, what did you do about it and how did you feel about your actions?*
- *Were you ashamed of your parents? Were they too old, too fat, too sloppy, too drunk, too whatever?*

- *Did you have the kind of clothes that the other kids wore? Was there enough money for the things that you needed or, if not, were you resentful of that? If there was enough, did you take it too much for granted? Did you feel any sibling got more than you? Write out your adolescent feelings about money.*
- *Were you the kind of child you would want to have?*
- *Were you a thief?*
- *Were you ever double promoted at school? If so did you have trouble catching up emotionally? Were you ever held back a grade? How did you act? How did you feel? Did you feel uncomfortable because you were younger or older than the other students?*
- *Did you feel uncomfortable because you were superior or inferior to other students?*
- *Were you undependable as a friend? Did you break off relationships without any explanation when something or someone came along that was better?*
- *Did you pit one member of your family against another?*
- *What was the best experience that you had?*
- *What was the worst experience that you had?*
- *We have covered a lot of ground on these questions. Is there anything that made you particularly uncomfortable when writing about it? Have you put down everything that troubled you? Even the simplest most nit-picking things are important if they troubled you. Write it down.*

### Adulthood

- *When and how did your selfish pursuit of sexual relations damage other people and yourself? Who was hurt and how badly? Did you spoil your marriage or injure your children? Did you jeopardize your standing in the community?*
- *How did you react to the above situations? Did you burn with a guilt that nothing could extinguish? Or did you rationalize that you were the pursued and not the pursuer and thus absolve yourself?*
- *How have you reacted to frustration in sexual matters? When denied did you become vengeful or depressed? Did you take it out on other people?*
- *If there was rejection at home, did you use this as an excuse for promiscuity?*
- *Many people who are lonely and don't really know how to love get involved senselessly in sexcapades. The temporary loss of loneliness makes one mistake*

*sex for love. When the sex partner is gone, the loneliness is even greater. Did you experience this?*

- *If you married a cold unloving person, ask yourself why you chose that person. Was this an excuse to find new romances? Was your mother or father cold and unloving, and are you getting even with them through your spouse?*
- *Why did you get married? Was it for the right reasons? Or why haven't you gotten married?*
- *Did you marry early or later than your peer group?*
- *Do you resent the responsibilities of marriage and family?*
- *If married, do you allow your family to come between you and your spouse?*
- *Are you still a baby in your parents eyes and do you take advantage of this?*
- *Are you a baby in the eyes of your spouse?*
- *Have your parents gotten you out of trouble that you should have been able to handle by yourself?*
- *Do you write bad checks?*
- *Do you feel the world owes you a living?*
- *Do you gossip about others?*
- *Do you think laws are made for other people?*
- *If revenge were possible right now, who would be the top people on your list? Why?*
- *What are your present feelings about:*
  - *Sex*
  - *Parents*
  - *Siblings*
  - *Grandparents*
  - *Friends*
  - *Your children*
  - *Spouse*

- *Your intimate friends*
- *Your job*

*What are your present feelings about finances, about your marital status, about being an alcoholic / drug addict / food addict?*

- *How much time do you spend with your family?*
  - *What is your greatest fear?*
- *Do you use sex as a punishment or reward? What is your sex life like? Is it as mature as you might want it to be? Are you careless of your partner's feelings? What is your idea of a healthy sex life?*
- *Write on all your sexual experiences not previously discussed, especially those that made you uncomfortable.*
- *Do you engage in sex in order to build your own ego by a feeling of conquest?*
- *Are you afraid of being sexually rejected?*
- *Are you ashamed of your body or of the way that you look? What do you dislike about your body?*
- *Are you proud of your body and of the way that you look? What do you like about your body?*
- *What are the other things about yourself you are ashamed of or proud of?*
- *Do you use people to get what you want? Do you gossip or perform character assassination in order to succeed in the social or business world or do you do this in an effort to feel superior to others?*
- *Have you stolen? Don't forget to include an employer's time.*
- *Do you have a pattern of getting sick? Do you use illness as an excuse to avoid responsibilities, to get attention or sympathy, or to get out of a jam?*
- *What are your resentments towards bosses and co-workers? Do you feel jealous of them? List all the negative feelings you have about the people in your work life.*
- *Are you concerned that others in the office will get more money or prestige than you?*
- *Are you indifferent and careless of your job? Do you think you should be boss? Do you think because of your sobriety the expectations of your boss, your co-workers, your family or friends have changed?*

- *If you are divorced or getting divorced, what are your feelings about the situation and the people involved? Do you have resentments, fears and guilt concerning your relationship with your spouse and your children? Have you set up a situation where your children are forced to take sides?*
- *How do you feel about your spouse and children?*
- *Are your spouse and children living up to your expectations? What are your expectations? Are they unreasonable?*
- *How do you think that you would be different if they were out of your life?*
- *Do you feel that no one really understands you?*
- *Do you feel superior or inferior?*
- *Do you avoid looking at yourself by comparing yourself to others? For example, do you say, "At least I am not as bad as that person", or "At least I am not that color" or "At least I am not that flakey".*
- *Do you judge or make fun of people who appear to be less fortunate mentally, physically or morally than you think that you are?*
- *Do you cause yourself to suffer by comparing yourself to people who are further along in the program than you, or people who are talented in an area that you are not?*
- *The only person you can adequately compare yourself to is you. How were you five days ago, five weeks ago, five months ago? How are you now?*
- *List every act that you swore you would take to the grave, disclosing to no one. Usually the things that you are most ashamed of are the very acts that make you try to grow into something better.*
- *Are you afraid of getting too close to another person for fear of being rejected?*
- *Do you reject others before they can reject you?*
- *Define love. What do you feel it is?*
- *In what ways are you a responsible person?*
- *Are you a tightwad? What are your fears concerning money? Do you spend with no thought of tomorrow?*
- *Is your personal appearance particularly careless or prideful?*
- *Do you judge people by their appearance?*



- *What makes you feel greedy, envious, and angry?*
- *Are you scornful of ideas that aren't your own?*
- *Do you tell others how bad you have been or are? This is pride in reverse, a good tool if you like self-pity or depression. Or do you go to the other extreme and tell people how great you are or were? This is a good way to give your ego a false sense of security.*
- *What are your feelings for: parents, brothers, sisters, other family members?*
- *What resentments or hates do you have?*
- *What makes you feel guilty?*
- *Do you pad your expense accounts or use family allowances just for yourself?*
- *What do you lie about the most?*
- *Do you need to play the big shot?*
- *Are you hurt when people turn away from you or won't play your game?*
- *What do you waste most time worrying about, the future or the past?*
- *Do you find yourself punishing your children the way your parents punished you?*
- *Have you been so busy trying to make money and/or make a perfect household that your family sees little of you?*
- *Do you say "I give my family everything they want, but they are never satisfied"?*
- *Are you working to build your ego?*
- *When your spouse turns cold, do you spend more time with him or her, or do you turn to someone else who is more understanding?*
- *Do you spend at least one night a week with your family?*
- *Are you cold and indifferent to your family, friends, co-workers, or your own needs?*
- *Are you loaded with a sense of guilt?*
- *Do you threaten others by saying that you can't stay sober / clean /abstinent if you don't get your own way?*

- *Are you involved in a love affair that could harm you and others?*
- *Do you argue? Is it important for you to be right? Do you become angry or hurt when people don't see things your way?*
- *Do you gossip or lie about other people?*
- *Do you worry about another person's Higher Power being better or worse than yours? Do you compare yourself to others in spiritual growth? Do you feel spiritually superior?*
- *Do you feel guilty about masturbation?*
- *Do you feel superior because you have more education, money, brains, the right color skin, better job, social background, or any other seeming advantage? List your feelings of superiority.*
- *Do you feel inferior because you have less of the above? List your feelings of inferiority.*
- *Do you think that you are superior to the general run of people? List in what ways that you are different?*
- *Do you think that you are inferior to the general run of people? List the ways that you are different?*
- *Do you have a hard time getting to places on time?*
- *Do you resent others who seem to have found happiness?*
- *Do you compare the outside of others to your insides?*
- *Have you asked the people who seem happy how they got that way?*
- *Do you envy people who can drink alcohol / use drugs / eat foods you can't etc.?*
- *Are you hostile because you don't like the hand life has dealt you?*
- *List your present fears.*
- *How do you presently get attention: pouting, sulking, throwing temper tantrums, being extra good, playing stupid, frustrating other's activities, whining?*
- *In addition to your drinking / drug / eating problems, what character defects contribute to your financial instability?*
- *Do fear and inferiority about fitness for your job destroy your confidence and fill you*

*with conflict?*

- *Do you try to cover up those feelings of inadequacy by boasting, cheating, or evading responsibility? Do you complain that others fail to recognize your truly exceptional abilities?*
- *Do you overvalue yourself?*
- *Do you have such unprincipled ambition that you double cross and undercut your associates?*
- *Are you extravagant? Do you recklessly borrow money, caring little whether it is repaid? Are you a penny-pincher, refusing to support your family? Do you try to cut corners financially? What about the quick money deals, the long shot sure thing that would rocket you to riches?*