

Suggested Alcoholics Anonymous Beginners Questions

Drinking

1. How do I know I am an alcoholic?
2. What does it feel like to have a craving for more after the first drink?
3. What have we lost because of our drinking?
4. How did we try to hide our drinking?
5. How did our drinking affect other people?
6. What lies did we tell about our drinking?
7. How is isolation dangerous?
8. How is our drinking different from 'normal' drinkers?
9. When did we realise we had lost control of our drinking?
10. How did we lose the trust of our families?
11. Why did we decide to stop drinking?

Stopping

1. How did we initially stop drinking?
2. How do we best cope with withdrawal from alcohol?
3. What was our experience of the first 10 days sober?
4. What was our experience of the first 30 days sober?
5. What medical or other help did we need to stop drinking?
6. In early days, how did we cope with the urge to drink?
7. How do we deal with people who don't understand and want us to drink?
8. What is our experience with aches and pains, sleeplessness, or other physical symptoms in early sobriety?
9. What do we do at times and places where there is alcohol around?
10. What did we find helpful in early days of sobriety?

11. How do we handle parties and other events in early sobriety?
12. How do we explain to other people why we decided not to drink?
13. How have we managed big changes in early sobriety?
14. How many meetings do we need?

Step One

1. Why do we need abstinence?
2. What made us admit defeat?
3. What were the consequences of our craving for alcohol?
4. How were we obsessed with alcohol?
5. What is an example of having 'no defence against the first drink?'
6. What excuses have we used to relapse?
7. What do we identify with when listening to other members?
8. What does it mean to be 'powerless over alcohol'?
9. Why is honesty important to our sobriety?
10. How did we take Step One?

Hope

11. When did we find hope?
12. What have we learnt from older members?
13. What have we learnt from newcomers?
14. Why do we need a Higher Power?
15. How does the program work?
16. What do we pray for?
17. Where do we find courage?
18. Where do we find inspiration to stay sober?
19. How do we choose an AA Home Group?
20. What do we need to do to stay sober?
21. How did we stop relapsing?
22. What does AA promise?

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Step Two

23. How do we keep an open mind?
24. How did we choose our own conception of God?
25. How did we overcome prejudice against spiritual ideas?
26. What's it like to be 'restored to sanity'?
27. How did we 'come to believe' we could recover?
28. What is a "spiritual awakening"?
29. How did we take Step Two?

The Program

30. How are the 12 Steps a 'Program of Action'?
31. What does an AA sponsor do?
32. How do we choose a sponsor?
33. What are the "Housekeeping Steps"?
34. How did we learn about the 12 Steps?
35. When were we ready to take the Steps?
36. What made us balk at taking the Steps?

Step Three

37. How do we become willing?
38. What is the importance of humility?
39. What are we deciding to do when taking Step Three?
40. What does the Third Step prayer mean to us?
41. Are we willing to go to any lengths?
42. How do we turn our wills and our lives over to God as we understand Him?
43. What have we learnt from the Big Book?
44. How did we take Step Three?

Action

45. Why is inventory necessary?
46. When did we start Step Four?
47. How are resentments dangerous?
48. How have we overcome anger?

49. How have we overcome fear?
50. How do we overcome selfishness?
51. How did we become willing to change?
52. How can we make amends?
53. What meditation routines do we use?
54. How can we help others?
55. How do we 'carry the message'?

AA

56. How do we get involved in service?
57. What do we tell others about AA?
58. What AA Literature have we found useful?
59. Why is anonymity important?
60. Why do we go to meetings?
61. What is a Home Group?
62. How does AA function?
63. How has AA service helped our sobriety?
64. What AA sayings have been helpful?
65. How can we help in a home group?
66. What strength do we find in the Serenity Prayer?

Sobriety

67. How do we keep the program simple?
68. How do we live one day at a time?
69. How do we stay sober while on holiday or travelling?
70. What do we tell other people about our alcoholism?
71. How have we changed since we started to work the program?
72. What is the greatest danger to our sobriety?
73. How have our lives changed in sobriety?
74. How have our relationships improved?
75. What are the joys of sobriety?
76. What's the best thing about being sober today?