

Practicing and Living 12 Steps Daily

Daily Journaling: The purpose of this daily recovery inventory is to keep track of who I am and what I am doing today. I try to answer every question for "TODAY", every day within the past 24 hours. I keep the answers simple and honest as possible. If I miss a day I do not make it up later. Socrates said "a life that is not worth examining is not worth living". Journaling is not a test, it is a powerful recovery tool used to add value to my new way of life, clean up stinking thinking, and help me learn to apply all 12 Steps on a daily basis. Remember recovery is based on adequacy and progression, not perfection.

- A. **Breaking the Isolation:** In Recovery it is often said that we are only as sick as our secrets. Part of the isolation of our illness is the belief that we are unique, that no one has done or said or felt the things that we have done, said, and felt, and that no one could possibly understand.
1. Did I talk to my sponsor today?
 2. Did I attend a Recovery meeting today?
 3. Between meetings did I keep in touch with others in Recovery today?
 4. Did I carry the Recovery message by sharing my experience, strength, & hope with others?
 5. Did I experience the sorrow of being alone (loneliness) ? Did I experience the joy of being alone (solitude) today?
 6. Did I practice the spiritual principles today such as hope, surrender, acceptance, honesty, open-mindedness, willingness, faith, tolerance, patience, humility, unconditional love, sharing, and caring?
 7. Did I accept love, support, or encouragement today?

- B. **The Power of Attitude:** As Shakespeare suggests, "There is nothing either good or bad but thinking makes it so." Consciously or otherwise, our attitudes affect the way we perceive everything that happens in our lives, so that the life we experience often has more to do with the way we

interpret what happens than the events themselves.

1. Was today a good day? Was I happy? Was I content? Was I serene today?
2. List at least 3 things that I am grateful (thankful) for today?
3. Did my HP restore me to sanity today?
4. Am I willing to change today? What?
5. Have I caused harm to myself or others today?
6. What did I learn about ME today?
7. Have I given of myself today without expecting that person(s) to owe me in return?

- C. **Personal Boundaries:** Recovery is about reclaiming our own lives. We do this by learning to focus on ourselves, build on our strengths, and ask for and accept help with our limitations.

1. Did I remember I'm powerless to over people, places, and things today?
2. Did I allow myself to become obsessed by anyone or anything today?
3. Was there conflict in my life today? Did I play a part in it?
4. Today did I make any amends? Do I owe any?
5. Was I able to let go of resentment and practice forgiveness today?
6. How did I act differently? Did I honor and respect myself today?
7. Did I love and help others without losing myself or my personality?

- D. **Communication:** Before Recovery many of us kept quiet or agreed to unreasonable requests in order to avoid conflict. At the time, we lacked the ability to take a stand or act on our own behalf. Today we might perpetuate that behavior out of habit even though we have other alternatives.

1. Did I admit my wrongs to anyone today?
2. Did I say what I mean and mean what I said without being MEAN?
3. Did I take responsibility for my happiness, needs and desires or did ask or wait for people to do for me what I can do for myself?

4. Communicating today, did I practice listening to learn and learning to listen?
5. Did I do anything I regret today? Did I say YES when I meant NO?
6. Did I deny, ignore, or suppress my feelings and emotions today?
7. Did I become entirely ready and humbly ask HP for help with a defect of character BEFORE not AFTER acting out?

- E. **Taking Care of Ourselves:** It takes a firm commitment to make our own well-being a priority. In the past, some of us neglected to care for ourselves because we were waiting for someone else to take care of us. But in Recovery we are learning to take responsibility for tending to our needs.

1. Was I good to myself today? How?
2. Was I able to practice detachment with love today? Did I mind my own business today?
3. Did I pray or meditate today? How did it affect me and my behavior?
4. What Recovery slogans did I use today?
5. Did I laugh today? Did I feel JOY today?
6. Do I love and accept myself as I am today? List at least 3 things I like about ME today?
7. Did I consciously remember that I have a choice today?

ILS Antoinette B. Recovery BD: 1/25/82

This Daily Inventory Guide is written to help addicts learn to live when it's no longer about obsessing over the drugs. Help the addict to teach themselves to live the 12 Spiritual Principles of the 12 Steps: Hope, surrender, acceptance, honesty, open-mindedness, willingness, faith, tolerance, patience, humility, unconditional love, sharing and caring.