

# The Maintenance Questions

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*Those wishing to continue to use a structured approach to maintaining their sobriety can work the Maintenance questions usually in conjunction with a sponsor who has completed the Maintenance questions themselves. The sponsee should only answer these questions on completion of Steps 1-12.*

*How the questions are used and how shared is a matter for you to agree with your Sponsor. The questions relate to and cover the 12 Steps.*

*As an alternative and depending on the circumstances you may choose instead to re-work the Steps as already set out in this guide. The choice lies with you, your Higher Power and your Sponsor.*

## *The 60 questions*

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- 01 “Today is the first day of the rest of your life.” Re-read Step 1. List the areas of your life that you have surrendered to your Higher Power.
- 02 Re-read Step 1. How is admission of powerlessness the first step in liberation for you? Do you believe the program can liberate you?
- 03 Read Chapter 2 in The AA ‘Big Book.’ Write on your feelings regarding the statements made in the italicised paragraph on page 24.
- 04 Read page 43 in The AA ‘Big Book.’ Discuss the idea that “at certain times (the sex and love addict) has no effective mental defence against the first act out.”
- 05 Read Chapter 6 in The AA ‘Big Book.’ Discuss how reaching out and helping someone else can be part of our willingness to have all our defects removed.
- 06 Take time out today and plan a ‘special set of moments’ during your day. Time alone, time with a friend, time meditating. Discuss and reflect on the idea, “we know how to feel bad and we are learning how to feel good.”
- 07 Read Step 2. Discuss and reflect on the idea, “this is the rallying point to sanity.”
- 08 Read Chapter 1 in The AA ‘Big Book’ (‘Bill’s Story’). “Nothing more was required of me to make my beginning.” Discuss and reflect on the idea that making a new beginning each day is testimony to our belief in a Higher Power.
- 09 “Service leads to sanity.” Discuss and reflect on how service has kept sanity in your life.
- 10 Read in The AA ‘Big Book’, pages 268-76, ‘Keys To The Kingdom.’ Take a ‘Recommitment Inventory.’ Discuss what you were like, what happened and what is happening in your life now.

- 11 Read Step 3. "Willingness is the key." Discuss and reflect on what affirmative action you have taken in the last two weeks within the context of the program.
- 12 Read in The AA 'Big Book', Chapter 4, 'We Agnostics.' Discuss and reflect on "the great reality (that) is deep down within us."
- 13 Read in The AA 'Big Book', Appendix II, 'Spiritual Experience.' Discuss your awakening or reawakening spiritually.
- 14 'I listened but I didn't hear.' How have you learned to listen to yourself and others and stay quiet within?
- 15 Read in The AA 'Big Book', (4th Edition) pages 289-300, 'Fear of Fear.' Discuss and reflect on the idea that our greatest fear is often that we will become a different person.
- 16 Read Step 4 in the AA 'Twelve Steps and Twelve Traditions' (12 & 12) book. Take a spot inventory that can update the inventory you gave away in Step 5. Discuss defects that have arisen, emotions that won't be placed on hold and physical cravings about these two other states.
- 17 Read the Serenity Prayer in Step 12. Read it four times. Write on what you accept that you cannot change. Then, the things that you have changed. How do you know the difference?
- 18 Read The AA 'Big Book', Chapter 5, "people of faith have courage." Discuss and reflect on the courage your faith has given you.
- 19 Discuss how you use the tools of reading, writing and sharing to deal with your reality.
- 20 Read in The AA 'Big Book', the last paragraph on page 68-69, "Now about sex..." Discuss and reflect on what the knowledge of this part of your recovery has done for you.
- 21 Read in The AA 'Big Book', (3rd Edition) pages 400-421, 'Stars Don't Fall.' Discuss and reflect on "now came the black and endless dismal night..." as it was in your life.

- 22 Read Step 5, “this is the beginning of true kinship between man and God.” Discuss and reflect on how this has continued to be true in your life.
- 23 Read in The AA ‘Big Book’, Chapter 6, ‘Into Action’ pages 72-75. Discuss and reflect on what you have learned about fearlessness, humility, and honesty. How do you utilise these realities in your life today?
- 24 Review what happened to you when you wrote your inventory your feelings, your hopes, your defects. Discuss what happened when you finally took Step 5. How did you feel afterward? Is anything still hanging on?
- 25 Read in The AA ‘Big Book’, (3rd edition) pages 464-473, ‘Promoted to Chronic.’ Discuss how your disease has made you vulnerable to acting emotionally and compulsively.
- 26 Read Step 6. Discuss and reflect on the idea that our defects of character can be lifted if we are willing to turn over the burden.
- 27 Re-read Step 6. Discuss and reflect on the idea that, “half measures avail us nothing.” How are these components of your life – the emotional, physical and spiritual – coming together today?
- 28 Read in The AA ‘Big Book’, page 75, 3rd paragraph, “Returning home...” Meditate on this passage, and then answer all the questions posed on page 75, “if we have omitted... mortar without sand.” Discuss and reflect on what your answers tell you about yourself.
- 29 Read in The AA ‘Big Book’, (4th edition) pages 301-8, ‘Physician, Heal Thyself!’ How is the SLAA program a testimonial that you do not have to do it alone?
- 30 Read in the table of contents in the “Twelve and Twelve” the synopsis of Step 7. Discuss and reflect on the idea that, “God has removed a great deal but there is still work to be done.”
- 31 Read Step 7. Discuss and reflect how taking this Step indicates a change of attitude for you.

- 32 Read in The AA 'Big Book': 'A Vision For You.' Write on the concept: God's vision for you includes the concept that you cannot transmit something you haven't got. What must you do to maintain what you have?
- 33 Read in Step 7, page 75, the prayer, "Of myself I am nothing." Discuss and reflect on what is working in your life and what you must let go.
- 34 Take a Step 7 inventory. Discuss and reflect on programme accomplishments & setbacks.
- 35 Read Chapter 17 in The AA 'Big Book' (3rd edition) pages 439-456, 'Doctor, Alcoholic, Addict.' Discuss and reflect on the idea that, "if I focus on the answer, the answer increases."
- 36 Discuss and reflect on your ability to apologise. Write down the name of someone who needs an apology from you. Then create an action plan to make that apology.
- 37 Read Step 8 in the 'Twelve and Twelve.' Focus on page 78, "These obstacles... are very real." Discuss and reflect on your need (past and present) to control and manipulate others. Be specific.
- 38 Read chapter 8 in The AA 'Big Book', (3rd edition) pages 261 on 'From Farm to City.' Re-read top half of page 269, ending "... but I have laughed." Discuss and reflect on your need to make amends. Have you the willingness to do so?
- 39 Make a list of those persons you have harmed. Is this your first list? What is the difference between this list and prior lists? Are you willing to work this Step?
- 40 Discuss and reflect on how well you deal with "and became willing to make amends to them all." Who was not on your list? Is there anyone you are still emotionally battling with?
- 41 Read in the table of contents for the AA 'AA Twelve and Twelve' the synopsis of Step 9. Discuss and reflect on the idea "prudence means taking calculated chances." How does this translate into "courage to work my program" for you?

- 42 Read Step 9 in the AA 'Twelve and Twelve.' Write down a name of someone you owe an amends to, what you intend to say and how you intend to contact this individual. Then do it!
- 43 Read pages 76-84 in The AA 'Big Book', "Now we need more action..." Write on, "The spiritual life is not a theory, we have to live it." Reference page 83.
- 44 Someone may reject an amends. Has this happened to you? Please detail what you did and how it was or was not translated into rejection. If you have not experienced this, create a plan for dealing with a rejected amends.
- 45 Read page 87 in the 'Twelve and Twelve.' Discuss and reflect on, "Above all, we should try to be absolutely sure that we are not delaying because we are afraid".
- 46 Discuss and reflect on the idea that "(only) when your past is settled (can) present challenges be met".
- 47 Read Step 10. Discuss and reflect upon the idea that "self-centredness remains a dire threat."
- 48 Create a 'Relationship Inventory.' On one side put the name of the individual with whom you are involved (friend, lover, child, family) and, on the other side, discuss your relationship. Next, create another column in which you note whether the relationship works or needs work. What actions does this inventory call for?
- 49 Discuss and reflect on the idea that, "we safeguard our abstinence by frequent mental audits." Write a mental audit for today.
- 50 Re-read Step 10. Discuss and reflect on the idea that, "those who forget their past are condemned to repeat it".
- 51 Read page 105 in the AA 'Twelve and Twelve' from "The moment we catch... purely human affairs." Discuss and reflect on the idea that self-centredness continues to create problems in your life.
- 52 Read Step 11 in the AA 'Twelve and Twelve' – Discuss and reflect on how working Step 11 is the only way to conquer fear.

- 53 Read in The AA 'Big Book' pages 85-88 from the bottom of page 85. Discuss and reflect on how this 'Big Book' segment is an instruction in learning how to let go.
- 54 Read pages 99-101 in the AA 'Twelve and Twelve.' Discuss and reflect on how you can channel your Higher Power to lift you out of bondage and help others.
- 55 Read Chapter 11 in the AA 'Big Book', 'A Vision for You.' Discuss and reflect on the idea that "no amount of willpower could stop this acting out".
- 56 The 'joy of living' is the theme of Step 12. Discuss and reflect on what is joyous in your life. How have these things come about?
- 57 Read Step 12 in the 'Twelve and Twelve' Discuss and reflect upon the actions you have taken to carry the message.
- 58 Read Chapter 7 in The AA 'Big Book.' Discuss and reflect on how practicing self-forgetting is the result of not trying so hard. Be specific.
- 59 Read 'Dr Bob's Nightmare' in The AA 'Big Book' pages 171-181. Focus on pages 180-1, "spend... against a possible slip." How is service to others an insurance policy in your life?
- 60 Read The AA 'Big Book', pages 544-553, 'Freedom from Bondage.' Discuss and reflect on the idea that, "I will have peace of mind in exact proportion to the peace of mind I bring to the lives of others." Discuss and reflect on how this becomes "practicing these principles in all areas of our lives."