



## A. BOUNDARIES & STANDARDS

- To be in relationship with me, people MUST listen and honor what I say. No snide comments, subtle digs or less than honoring conversation - no matter what.
- I tell everyone exactly how they may talk to me, treat me or be with me.
- I simply walk away from people who are angry or are inappropriate with me.
- I don't help people unless they have specifically asked that I do so and I can do so with virtually no cost to myself.
- I spend my time with people who always see the best in me, not with those who disregard or belittle me.
- I quickly sense toxic people and I stay away!
- I know my 3 Core Needs and am now getting them satisfied.
- I go to 12-step meetings regularly, if a part of my plan.
- I do not engage in bottom line behaviors.
- I say no to people who want things from me that may cost me to give.
- I do not drink alcohol.
- I do not smoke.
- I do not abuse my body in any way.
- I know in the moment when I am disturbed (vs. feeling or recognizing it later).
- I feel comfortable questioning people, their motives and what is happening right now. I am willing to speak up and be heard.
- I tell the truth as **soon** as I sense it.
- I have stopped tolerating anything, anytime.
- I do not use the phrases *if...then, I'm fine (when I am not), whatever you can do*.
- When I don't like something, I change it. I do not wait, rationalize or explain, ever.
- If I don't want to, I say NO and am willing for others not to like that answer.
- Things and people are either acceptable or unacceptable and I act accordingly.
- If things are not going the way I want, I make a clear and firm request of those involved.
- Regardless of the perceived consequences, I now speak my mind and do what I want, not what I think I should do.
- It is now okay with me that not everyone likes or loves me. They can even dislike me. That is their thing, not mine.
- People must be straight with me.

\_\_\_\_ Number of boxes checked (25 max)

## B. SURRENDER & BEING

- I have an empowering relationship with a Higher Power, God, Self or the term I use which represents love, power and connection.
- I expect nothing from anyone, even a Higher Power.
- I have given up all hope and feel better for it.
- I pray, meditate or connect with Self.
- I respond immediately and fully to my inner voice -- right or wrong; I do not censor or explain my feelings.
- I know my 3 Core Values and have re-oriented my life to honor and express them.
- I recognize that the physical universe is always perfect and often a reflection of where I am in life.
- I put the Truth ahead of gain, getting something or protecting myself from consequence.
- I actually feel God in me!
- I have put my full recovery FIRST in my life; my wants come second.
- I fully enjoy what I do have in my life.
- I have made the authentic choice to be fully alive for the rest of my life.
- I now see that it is *my* life and not that of my parents, spouse or anyone else.
- I have reached the place in life that exudes gratefulness.
- I have accepted what is so and have stopped fighting it, figuring it out, wishing it was another way, trying to power my way out of it or trying to mind trip my way through it.
- I am fully responsible for what is occurring in my life right now, regardless of what happened yesterday.
- I "get" that life is empty and meaningless and I am free to decide what matters and what does not.
- I am on a spiritual path, which I love.
- I beam and glow.
- I am simply not hooked by the thoughts, behaviors or problems of others. I let them feel and do their thing, just as I do mine.
- I know when I am being entirely truthful and catch myself when I am being slippery.
- I realize that I did not cause whatever I now must be responsible about handling. It was not my fault, but it is my opportunity.
- I now learn my lessons the first time around.
- I grant power to others without losing my own.
- I trust, but am not blind.

\_\_\_\_ Number of boxes checked (25 max)

### C. FULLY RESOLVED & INTEGRITY

- I have forgiven those who have hurt me deeply, whether they deserve it or not.
- I realize that I've done the best I could, even when I didn't, because that's what happened.
- I am working on the **Clean Sweep** Program.
- I am at 90+ out of 100 on the **Clean Sweep Program**.
- I have made full amends to those who I have hurt or damaged. I have let this be a rewarding experience for them, too.
- The past is fully resolved for me. My life is now being lived in the present.
- I now am present with people, vs. having to do or say something when I am in their company.
- I have a job and a steady source of income - enough to save 20% of my income.
- I now live life without hurting others or myself.
- The work I do does not exhaust or tax me.
- When I do a task, I do it so accurately that it does not come back to me for 5 years.
- My physical environment is completely in order. (No files or papers stacked around; things are clean and working well.)
- I handle disturbances and problems within 24 hours.
- I have no ignored or pressing problems hanging over me. I am free.
- I know where I cause accountability deferment tactics and catch myself.
- I no longer hold back my feelings or thoughts from others.
- I am not troubled by memories or thoughts.
- I sleep well.
- There is nothing I did wrong that I haven't owned up to and handled.
- I tolerate virtually nothing.
- I educate people on how they can meet my needs.
- I am not adding any new unresolved matters.
- I am virtually a problem-free zone and I like it.
- I accept what God has and hasn't given me. I've made God right.
- I love myself, deeply.

\_\_\_\_ Number of boxes checked (25 max)

### D. PARTICIPATION & COMMUNITY

- I have a mentor or coach who has been through what I am going through and who lives a life that inspires me.
- I spend my workday with the people who bring out my best.
- I have a safe and protected place or person I can go to when I need to.
- I have a limitless capacity for compassion for others, although I am able to protect my boundaries, too.
- I take extraordinary care of the people I've chosen to love.
- I put people first and results second.
- I am no longer a Lone Ranger - I realize that anything worth doing is worth doing with someone I care about and respect.
- I have something to look forward to every evening.
- I spend much of my time with healthy, happy, able people, not just people going through what I am going through.
- I seek out and develop friendships with people whose company I simply enjoy.
- I make few promises to others - and only the ones I am certain that I can deliver on. I do not stretch myself by overpromising and scrambling to deliver.
- I win at *something* every day.
- I am an integral part of an empowering community or network. I feel loved by them.
- I have fun and lots of it.
- I have a best friend.
- I am on good terms with my family.
- I add value to everyone in my community.
- I am surrounded by people who show they care.
- I know exactly how I come across and affect others.
- I create space for people in my community.
- I have stopped trying to seduce people; if they aren't naturally attracted to me, I don't try to get them to get closer.
- I do not put up with unacceptable behavior from others.
- I only spend time with people who make me feel great about myself.
- I am mentoring someone I want to.
- I have a strong relationship with myself.

\_\_\_\_ Number of boxes checked (25 max)

## INSTRUCTIONS

There are 3 steps to completing the **Advanced Recovery™** Program.

**Step 1: Fill in the squares.** Give yourself credit when you have completed it or do this activity *regularly*. Add up the number of checked boxes and keep a current tally at the bottom of each of the 4 sections.

**Step 2: Color in the Progress Chart on the front page.** If you have 9 **squares** filled in for the Self section, color in the bottom 9 boxes, and so on. Always start from the bottom up. The goal is to have the entire chart be filled in. In the meantime, you have a current picture of how you are doing in each of the four areas.

**Step 3: Keep playing until all boxes are filled in.** You can do it! This process may take a year or two but you can achieve Full Recovery! Use your coach or a friend to assist you. And check back once a year to upgrade and track your progress.

**NOTE:** You may reword any of these questions to better suit your needs.

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