The 12 Step Promises Test

and

How to Find a Sponsor (Have them complete this and return it to you within 24 hours).

and

Check YoSelf Before You Wreck Someone Else’s Life, Too

Directions: The 1st Step is Honesty. If something doesn’t apply to you circle “Yes.”

Examples: If you don’t have kids yet, circle “Yes” to questions about Kids.

If your HomeMaking Agreement says your partner or roommate is to do that chore, circle “Yes.”

If you are truly Disabled (or Homeless) and cannot be expected to do that chore, circle “Yes.”

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Promise 1: “We are going to know a new freedom and a new happiness.” | | |  |  |
| 1 |  | Have I learned how to control the impulse to drink, drug, binge, purge, kill, steal, lie, cheat, covet, sex, text, talk, sleep, shirk, hit, yell, brag, gossip, blame, shame, judge AND break a promise? | | | **Yes** | No |
| 2 |  | Am I happy? | | | Yes | No |
|  |  |  | | |  |  |
|  |  | Promise 2: “We will not regret the past nor wish to shut the door on it.” | | |  |  |
| 3 |  | Do I know what regret feels like in my mind and body? | | | Yes | No |
| 4 |  | Can I be still until thoughts about the past go away naturally? | | | Yes | No |
|  |  |  | | |  |  |
|  |  | Promise 3: “We will comprehend the word serenity.” | | |  |  |
| 5 |  | Do I comprehend what serenity (calm) feels like in my mind and body? | | | Yes | No |
| 6 |  | Have I stopped tempting others to lose their calm? | | | Yes | No |
|  |  |  | | |  |  |
|  |  | Promise 4: “We will know peace.” | | |  |  |
| 7 |  | Do I know what peace feels like in my mind and body? | | | Yes | No |
| 8 |  | Have I learned how to look, speak, act, and feel calm, even when others around me are not calm? | | | Yes | No |
|  |  |  | | |  |  |
|  |  | Promise 5: “No matter how far down the scale we have gone, we will see how our experience can benefit others.” | | | | |
| 9 |  | Am I helpful to others outside The Fellowship of The Program right now? Today? | | | Yes | No |
|  |  |  | | |  |  |
|  |  | Promise 6: “That feeling of uselessness and self-pity will disappear.” | | |  |  |
| 10 |  | Do I know what uselessness and self-pity feel like in my mind and body? | | | Yes | No |
| 11 |  | Have I learned how to stop feeling sorry for myself when I feel it coming? | | | Yes | No |
|  |  |  | | |  |  |
|  |  | Promise 7: “We will lose interest in selfish things and gain interest in our fellows.” | | |  |  |
| 12 |  | Do I refuse Fal$e Profit (ex: excessive pay, phony lawsuit, false disability, jobs that harm others ) | | | Yes | No |
| 13 |  | Do I bring in money legally to support myself? | | | Yes | No |
| 14 |  | Do I pay my Underlings a Livable Wage--or ensure that the Owners and Board Members do? | | | Yes | No |
| 15 |  | Do my wages keep schoolkids and primary caregivers (moms) from having to work outside home? | | | Yes | No |
| 16 |  | Do I refuse to take advantage of tax loopholes and tax shelters and hidden off-shore accounts? | | | Yes | No |
| 17 |  | Do I vote to throw out tax loopholes and tax shelters for The Fal$e Profit (Un-Earned Income)? | | | Yes | No |
| 18 |  | Do I cook for myself—or pay cooks and waitress a Livable Wage? Without complaining? | | | Yes | No |
| 19 |  | Do I do the laundry—or pay the service a Livable Wage? Without complaining? | | | Yes | No |
| 20 |  | Do I maintain my home—or pay maintenance a Livable Wage? Without complaining? | | | Yes | No |
| 21 |  | Do I maintain my cars—or pay mechanics and car wash a Livable Wage? Without complaining? | | | Yes | No |
| 22 |  | Do I mop the floors—or pay the janitors and maids a Livable Wage? Without complaining? | | | Yes | No |
| 23 |  | Do I haul the trash—or pay sanitation a Livable Wage? Without complaining? | | | Yes | No |
| 24 |  | Do I clean up vomit and bathrooms—or pay the janitors and maids a Livable Wage? | | | Yes | No |
| 25 |  | Do I do my own clerical work—or pay the assistants a Livable Wage? Without complaining? | | | Yes | No |
| 26 |  | Do I maintain the office—or pay maintenance a Livable Wage? Without complaining? | | | Yes | No |
| 27 |  | Do I maintain my lawn and grounds—or pay Lawn Boy a Livable Wage? Without complaining? | | | Yes | No |
| 28 |  | Do I sleep under the same roof with my school-age kids? Without teaching them to complain? | | | Yes | No |
| 29 |  | Do I eat breakfast with my school-age kid/partner—without being grumpy? | | | Yes | No |
| 30 |  | Do I eat lunch with my school-age kids/partner—without shaming and blame? | | | Yes | No |
| 31 |  | Do I eat dinner with my school-age kids/partner—w/out teaching hate for the opposite sex? | | | Yes | No |
| 32 |  | Do I celebrate birthdays and socialize with people who are not in The Fellowship of The Program? | | | Yes | No |
| 33 |  | Do I put working to support myself ahead of Sponsoring The Fellowship of The Program? | | | Yes | No |
| 34 |  | Do I volunteer to help people who are not in The Fellowship of The program? | | | Yes | No |
| 35 |  | Am I PREVENTING “The Disease” so fewer Newcomers will lose everything, die, or just want to? | | | Yes | No |
|  |  |  | | |  |  |
|  |  | Promise 8: “Self-seeking will slip away.” | | |  |  |
| 36 |  | Do I do unto others as they would have me do unto them, except when to do so would injure them, others, or me? | | | Yes | No |
|  |  |  | | |  |  |
|  |  | Promise 9: “Our whole attitude and outlook on life will change.” | | |  |  |
| 37 |  | Am I patient, loving, and tolerant with myself? | | | Yes | No |
| 38 |  | Am I patient, loving, and tolerant with my family, even when they are not so with me? | | | Yes | No |
| 39 |  | Do I enjoy work, chores, and housework and do them without complaining? | | | Yes | No |
| 40 |  | Do I enjoy play and play with my kids/partner in ways they enjoy? Without complaining? | | | Yes | No |
|  |  |  | | |  |  |
|  |  | Promise 10: “Fear of people and of economic insecurity will leave us.” | | |  |  |
| 41 |  | Do I know what fear feels like in my body and mind? | | | Yes | No |
| 42 |  | Can I be still until fear goes away naturally? | | | Yes | No |
| 43 |  | Do I have a Balanced Budget? | | | Yes | No |
| 44 |  | Do I embrace the poor? | | | Yes | No |
|  |  |  | | |  |  |
|  |  | Promise 11: “We will intuitively know how to handle situations which used to baffle us. | | |  |  |
| 45 | Eyes | Have I stopped rolling my eyes at people or about people? | | | Yes | No |
| 46 | Eyes | Have I stopped giving “eat dirt” looks to people? | | | Yes | No |
| 47 | Eyes | Have I stopped giving “Hot Eyes” to attractive people other than my partner/spouse? | | | Yes | No |
| 48 | Eyes | Have I stopped looking for “Hot Eyes” from people other than my partner/spouse? | | | Yes | No |
| 49 | Eyes | Have I stopped crying and using tears to manipulate people and get what I want? | | | Yes | No |
| 50 | Eyes | Have I stopped looking constantly at my cell phone and computer? | | | Yes | No |
| 51 | Eyes | Have I started looking at people directly when they need my undivided attention? | | | Yes | No |
| 52 | Eyes | Have I removed all mirrors in the house except for the makeup mirror? | | | Yes | No |
|  |  |  |  |
| 53 | Ears | Have I stopped listening to people who gossip? | | | Yes | No |
| 54 | Ears | Have I stopped listening to anything so loud it might hurt my hearing? | | | Yes | No |
| 55 | Ears | Do I listen more than I talk? | | | Yes | No |
| 56 | Ears | Do I listen even when I don’t agree with someone? | | | Yes | No |
| 57 | Ears | Do I give my family my undivided attention when they really need it? | | | Yes | No |
| 58 | Ears | Do I help my own kids/partner understand what they hear? From me? | | | Yes | No |
| 59 | Ears | Can I hear that Soft Voice? That Loving Voice inside my head? My Inside Voice? | | | Yes | No |
|  |  |  | | |  |  |
| 60 | Nose | Have I stopped huffing and snorting at people? | | | Yes | No |
| 61 | Nose | Do I meditate (silent sitting, standing, or walking) for at least 15 minutes every day? | | | Yes | No |
| 62 | Nose | Do I meditate (silent sitting, standing, or walking) for at least 40 minutes at least once a week? | | | Yes | No |
| 63 | Nose | Do I “keep coming back” to my breath when I have strong emotions? Instead of talking? | | | Yes | No |
|  |  |  | | |  |  |
| 64 | Mouth | Have I stopped mindlessly eating and drinking stuff that’s not healthy? | | | Yes | No |
| 65 | Mouth | Have I stopped frowning and pursing and grimacing and screaming and yelling? | | | Yes | No |
| 66 | Mouth | Can I relax my face when I am really upset or enraged inside? | | | Yes | No |
| 67 | Mouth | Have I stopped cursing? | | | Yes | No |
| 68 | Mouth | Have I stopped making fun of people and talking about people? | | | Yes | No |
| 69 | Mouth | When I am wrong do I promptly admit it? Do I know when I am wrong? | | | Yes | No |
| 70 | Mouth | Have I stopped kissing people other than my partner/spouse? | | | Yes | No |
| 71 | Mouth | Have I stopped saying to my daughter, “Give that stranger a kiss !”? | | | Yes | No |
| 72 | Mouth | Have I stopped saying to other people’s daughters, “Where’s my kiss?” | | | Yes | No |
| 73 | Mouth | Have I stopped talking with The Fellowship and others about things that aren’t their business? | | | Yes | No |
| 74 | Mouth | Have I stopped lying? | | | Yes | No |
| 75 | Mouth | Do I praise and compliment my children and others for specific, small things they do and are? | | | Yes | No |
| 76 | Mouth | Do I discuss and develop solutions for my team as a team? Like asking before I spend money? | | | Yes | No |
| 77 | Mouth | Have I spent 10 days in silence? Without talking? | | | Yes | No |
|  |  |  | | |  |  |
| 78 | Limbs | Am I able to get up and take a break from the phone, the computer, video games? | | | Yes | No |
| 79 | Limbs | Do I know now that if you ain’t rolled a booger you ain’t lived? | | | Yes | No |
| 80 | Limbs | Have I stopped hitting, cutting, pinching, punching, slapping, kicking, spanking? | | | Yes | No |
| 81 | Limbs | Have I stopped lying around all day—except at special times or when sick? | | | Yes | No |
| 82 | Limbs | Do I move my body to improve my mood and stay in good shape? For myself and for my partner? | | | Yes | No |
| 83 | Limbs | Do I hug my own children and partner in ways that please them? | | | Yes | No |
| 84 | Limbs | Do I touch my partner just to show affection? | | | Yes | No |
| 85 | Limbs | Have I stopped making others live hand to mouth? | | | Yes | No |
|  |  |  | | |  |  |
| 86 | Genitals | Have I stopped thinking, “I have to have sex \_\_\_ times each day or week” to be kool? | | | Yes | No |
| 87 | Genitals | Have I stopped faking orgasms so that my partner will still love me? | | | Yes | No |
| 88 | Genitals | Have I stopped making my partner have sex when he/she does not want to? | | | Yes | No |
| 89 | Genitals | Have I stopped talking to people other than my partner about my sex life? | | | Yes | No |
| 90 | Genitals | Have I stopped posting pornographic pictures/videos online--where kids can see them for free? | | | Yes | No |
| 91 | Genitals | Have I stopped masturbating to relieve stress, feel strong, “get focused,” or distract from pain? | | | Yes | No |
| 92 | Genitals | Have I stopped watching fake people pretend to have real sex unless I have my partner’s consent? | | | Yes | No |
| 93 | Genitals | Do I use my genitals to connect with 1 loving partner only when my heart and head are innit? | | | Yes | No |
| 94 | Genitals | Am I able to say, “No” and take “No” for answer? | | | Yes | No |
| 95 | Genitals | Do I use a condom until we’ve talked about raising a child Together and made a Family Budget? | | | Yes | No |
| 96 | Genitals | Have I been tested for all possible Sexually Transmitted Diseases? | | | Yes | No |
| 97 | Genitals | Do I understand that Life is at the Family Breakfast Table and not in the bed? | | | Yes | No |
|  |  |  | | |  |  |
| 98 | Brain | Can I identify pleasant thoughts and feelings as they arise and let them pass away naturally? | | | Yes | No |
| 99 | Brain | Can I identify unpleasant thoughts and feelings as they arise and let them pass away naturally? | | | Yes | No |
|  |  | Promise 12: “We will suddenly realize that God is doing for us what we could not do for ourselves?” | | | | |
| 100 | | Do you now pay more attention to the needs of your date, spouse, boyfriend, partner, kids, and family than to your work, the babysitter, your co-workers, acquaintances, friends, strangers, and the band at church? At other social events? Cocktail parties? Concerts? Meetings? At Home? | | | Yes | No |

Directions for Scoring: Add up the number of Yes answers (Total = 88)

90 – 100 (A) I got the drink in, me going back to back.

80 – 89 (B) Sweet Pickles Works for Me!

70 – 79 (C) Now I walk with a limp.

60 – 69 (D) Everyone who burns has to learn from the pain.

0 – 60: (F) Why should we let you in The Pimp Legion of Doom?