

1. What is the difference between needing to be clean and wanting recovery?
2. Why is "principles before personalities" important?
3. What recovery advice do you most often give and least often follow?
4. In what specific ways has your addiction been manifesting itself in your life?
5. When did you realize your addiction was a problem?
6. What are some ways you've experienced the NA message?
7. What were some fears you had before coming to recovery?
8. What are you afraid to admit to other recovering addicts?
9. How has a higher power worked in your life?
10. How have the connections you have made in the fellowship helped you in your recovery?
11. What are some of the gifts recovery has given you?
12. How does your pride affect your recovery?
13. How has narcotics anonymous played a role in your life?
14. What is it exactly that keeps you coming back?
15. What advice do you have for the newcomer?
16. What are some triggers you have found in recovery?
17. What role has your sponsor played in your recovery?
18. What are some of the feelings you used drugs to cover up? How do you process those feelings now?
19. "Expectations are premeditated resentments." What does that mean to you?
20. Some of us sought help through medicine, religion, and psychiatry, but none of these were sufficient. What was your experience with addiction prior to finding the rooms?
21. What do you do on a daily basis for your recovery?
22. How do you maintain balance in your recovery?
23. What does "my worst days clean are better than my best days using" mean to you?
24. What recovery cliché rings most true in your recovery?
25. What fears do you have moving forward in your recovery?
26. To what extent have you developed love and compassion for yourself since coming to recovery?
27. What does being powerless over your addiction mean to you?
28. When you hear the phrase "moment of clarity" what do you think of?
29. What does "one day at a time" mean to you?
30. What are some reservations you found most difficult to let go of?
31. How have your relationships evolved over the course of your recovery?
32. How does boredom affect your recovery and how do you deal with it?
33. How has an NA member been able to reach me in a way that no one else

ever had?

34. "My best thinking got me here." What have you done to change these destructive patterns?
35. How has your relationship with your family evolved over the course of your recovery?
36. What are some of the challenges you have faced in your recovery?
37. There are good days and there are bad days. What do you do to cope with the bad days?
38. "Play the tape through." What does that tape really look like?
39. Do you think you could achieve sobriety without changing your lifestyle?
40. How have your goals changed since coming to recovery? What are your goals now?
41. How do you feel about being of service? Could NA survive without you?
42. What suggestions do you have for people who are still in active addiction?
43. What are the benefits of practicing forgiveness?
44. What does the phrase "Spiritual Awakening" mean to you?
45. What are some situations you can identify from your own life where you acted on self-will? What were the results?
46. What do you do to be of service and why is that important?
47. What are you doing to improve your conscious contact with the God of your understanding?
48. How does your involvement in NA complement your spiritual journey?
49. How has your idea of fun changed since coming to recovery?
50. How often do you pray and why?
51. How are you showing gratitude for your recovery?
52. How has your faith and trust in a Higher Power grown?
53. What have you learned about healthy relationships in recovery?
54. What have you learned about establishing healthy boundaries in recovery?
55. Have you ever attempted to use self-will to remove your shortcomings? What was your experience with it?
56. What was your understanding of a higher power prior to coming into the rooms of NA?
57. What expectations do you have about your amends process?
58. Do you see old patterns from before coming to NA in your life today?
59. What gets in the way of acceptance?
60. Which spiritual principles do you find most important?
61. How has honesty made a difference in your recovery?
62. What are some things you have learned about yourself since coming to the rooms of NA?
63. How do you deal with anger?