

# Steel on Steel Questions

During your 10 minutes of sharing, you should comment specifically on where you are currently in the following areas.

## The Circle and Triangle

1. Where am I in Unity?
2. Where am I in Service?
3. Where am I specifically in your programme of Recovery?

## Prayer and Meditation

1. How many times did I do evening review and meditation since our last meeting?
2. How many times did I do morning prayer and meditation since our last meeting?
3. Have I been using my evening review to help with my vision in my morning meditation?
4. How is my relationship with God?
5. What specific things am I doing to deepen and broaden my relationship with God?
6. Have I been praying the Ninth Step prayers?
7. Have I been praying for others?
8. Have I invited or have I been praying with other members of my family?

## My Programme

1. How many meetings have I attended since we last met?
2. Am I a member of a home group?
3. Am I of service to my home group?
4. Am I of service to those outside of the fellowship?
5. Am I spiritually accountable to some people in my life?
6. Do I have a sponsor? How do I use my sponsor? Am I accountable to my sponsor?
7. Am I a sponsor? What am I doing for my sponsees?

## Relationships

1. How are my relationships with others?
2. Have I been short, hard to be around, easily angered, sarcastic, etc.?
3. Am I frequently having to apologize for what I've done?
4. Have I been lusting after or coveting my neighbor or my neighbor's things?
5. Am I happy with what I have, or am I obsessing about what I want?

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# Steel on Steel Questions

## Home Life

1. How is my home life?
2. Have I been kind, considerate, understanding and loving, even when I don't think the other person "deserves" it?
3. Have I needed to make amends lately? If so, did I make the amends?
4. Have I been in fights or arguments at home?
5. Am I having any sex problems?
6. Is there intimacy with my partner? Would my partner agree with that?
7. Am I fantasizing about others? Am I acting out sexually?

## Career and Finances

1. How are things at work, school, or my career?
2. Am I having problems with my boss or co-workers? Am I being short, grumpy, or acting out of silent scorn?
3. How am I doing with my money? Do I have enough to pay my bills? Am I overspending?
4. Am I carrying money on credit cards or lines of credit? Am I in debt?
5. Am I giving to charities?

## General

1. How is my physical health? Am I overweight? Am I exercising my body? Am I exercising my mind?
2. Do I keep my word? Am I where I say I will be? Am I on time?
3. Do I have a good attitude toward life? Am I living life on my terms, "life's terms", or on "God's terms"?
4. Where has my self-will/ego manifested itself recently?