

20 Questions for Couples

1. How do we work our Recovery program in our home?
2. Which steps control our relationship?
3. Which Slogans do we use in our relationship?
4. How do we live the Traditions in our home?
5. Which promises are true for us? (Have we done the 9 1/2 steps that precede the promises?)
6. Having taken the 3rd & 7th Steps, have we given up our right to criticize, condemn, and complain throughout the day?
7. What part does Love play in our relationship, and what actions do we take to show it?
8. How does Powerlessness affect our relationship?
9. Is there "insanity" in our home?
10. Have I turned my will, my life, and my spouse over to the care of God?
11. Do I currently have any resentments toward my partner?
12. Am I as aware of my own shortcomings as I am of my partner's?
13. Which of my defects that interfere with our relationship have I not asked God to remove?

14. Have I made a list of persons in my home I've harmed and made amends to them all?
15. Do I take my own inventory and promptly admit it when wrong?
16. Do I treat my partner with the same love, tolerance, and respect with which A.A. and Al-Anon members treat newcomers?
17. Do we treat each other as equals or do we instead respond defensively or aggressively?
18. Does either of us play the role of a Victim or Hero(ine) in our relationship?
19. Is our home happy, joyous, and free?
20. Dare I make a **Declaration of Emotional Independence?**
(For example):
I _____, in my right mind and aware of what I am doing, hereby grant to you, _____, complete and total emotional independence.
From this moment forward, your feelings will be whatever you choose them to be; I will no longer accept responsibility for your emotional state. And from now on I accept full responsibility for my own feelings; I will not say or imply that it is your fault when I feel bad.

39th Couples Communication Workshop



Dr. Paul & Max O. Couples Communication Workshop (Do it yourself style)

For Couples Living in Sobriety

“ Better Living Through
Better Communication”

University of California
Lake Arrowhead
Conference Center

Oct 6 ,7, & 8, 2023

