



Rock Solid

Men's Sober Living

1. Circle and triangle (body, mind, spirit as one)
- A. Unity (Fellowship)
 - i. How many times did I help someone with an issue?
 - ii. How many meetings did I attend this week?
 - iii. AA/CA social events?
- B. Recovery (step work)
 - i. What step am I on?
 - ii. What page of the Big Book am I on?
- C. Service (Sponsoring, carrying the message)
 - i. What have I done to carry the message?
 - ii. How many sponsee's do I have?
 - iii. What are my commitments?
1. How many morning prayers have I done this week?
 - a. Meditations, how long?
2. How many evening reviews have I done this week?
3. Am I accountable to someone Do I have a Sponsor?
 - a. How many times did I talk to my sponsor this week?
 - b. How many times did I work on my sponsors assignments?
4. Am I accountable as a buddy?
5. Sex problems?
6. Relationship problems?
7. Outside problems?
8. Confrontation problems?
9. Am I holding other people accountable for all of their behavior in the community?
10. Physical health?
11. Do I keep my word?
12. Have I been rigorously honest?
13. How many days have I exercised?
14. What type of exercise?

FEEDBACK GUIDELINES

- A. Use the opening words "would you consider" or "is it possible"
- B. No judgments
- C. No criticism
- D. We DO NOT defend ourselves
- E. This is a "WE" program
- F. Principles before personalities

