

12-Step Fellowship Involvement Monthly Questionnaire

Name: _____ ID # _____ Date: _____

1. How do you define recovery - how do you know that you are making progress in recovery? What is your **recovery date** - the date you made a public commitment to stop or change your use of alcohol or other drugs and/or behavior? If relevant to you, what is your **sobriety date** = last date of alcohol or other drug use?

Recovery = _____

Recovery Date: _____ Sobriety Date: _____

2. Are you a member of a 12-step fellowship group? No Yes
3. How many 12-step fellowship meetings did you attend in the last 30 days? Please enter your best estimate below. Enter 0 if you did not attend any meetings in the last 30 days.

AA _____ NA _____ CA _____ MA _____ Other: _____

- | | <u>NO</u> | <u>YES</u> |
|--|--------------------------|--------------------------|
| 4. Do you have a sponsor? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you have a "home" group?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. In the last 30 days, did you attend 90 meetings in 90 days?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Did you pick up any chips or other tokens of progress in the last 30 days?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Did you celebrate a recovery or sobriety birthday in the last 30 days? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Did you have a spiritual awakening or conversion experience in the last 30 days?... | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Have you been a sponsor in the last 30 days?..... | <input type="checkbox"/> | <input type="checkbox"/> |

11. In the last 30 days, what Steps did you complete? Circle all that apply.

None 1 2 3 4 5 6 7 8 9 10 11 12

12. How important is attending 12-step meetings for your sobriety and/or recovery? Circle one number.

<u>Not all</u>	<u>Somewhat</u>	<u>Very</u>
<u>important</u>	<u>important</u>	<u>important</u>

1 2 3 4 5

14. What other activities are you doing to sustain or improve your recovery?

