



**The Growth Mindset Group**  
*Steel on Steel/Round Table Exercise*

***Set Aside Prayer (optional):***

“Higher Power, please help me set aside everything I think I know about You, everything I think I know about myself, everything I think I know about others and everything I think I know about my own recovery so I may have an open mind and a new experience with all these things. Please help me find the strength to see the truth about myself and about others through this spiritual exercises.”

**1) The Circle and triangle**

- a) Are you proportionally involved in each of the three sides of the Circle and Triangle (Service, Unity and Recovery) In other words:
- b) Where are you specifically in your Program of Recovery (Steps, therapy, etc.)?
- c) Where are you in Unity & Fellowship, which is the interacting with other recovering people, AA's, support groups, etc.?
- d) Where are you in Service, which is the giving back and contributing, inside or outside of your “program?”

**2) Prayer and Meditation**

- a) How many times did I do evening review and meditation since our last meeting?
- b) How many times did I do morning prayer and meditation since our last meeting?
- c) Have I been using my evening review to help with my vision in my morning meditation?
- d) How is my relationship with a Higher Power?
- e) What specific things am I doing to deepen and broaden my relationship with a Higher Power?
- f) Have I been praying any step prayers?
- g) Have I been praying for others?
- h) Have I invited or have I been praying with other members of my family?

**3) My Program**

- a) How many meetings/therapy appointments have I attended since we last met?
  - a. What did I learn in these meetings?
- b) Do I have and am I a member of a home group?
- c) Am I of service to a group? (coffee, cleanup, speaking, group officer)
- d) Am I of service to those OUTSIDE of my “program?” (work, family, friends)
- e) Am I spiritually accountable to some people in my life? (sponsor, therapist, business associates, spiritual advisors, close friends, etc.)

- f) Do I have a sponsor/therapist? How do I use my sponsor/therapist? Am I accountable to my sponsor/therapist?
- g) Am I a sponsor? If so, what am I doing for my sponsees?

#### **4) Relationships**

- a) How are my relationships with others going? (friends, fellow A.A.'s, neighbors, coworkers, strangers in traffic, etc.)
- b) Have I been short, hard to be around, easily angered, sarcastic, etc.?
- c) Am I frequently having to apologize for what I've done?
- d) Have I been lusting after or coveting my neighbor or my neighbor's things?
- e) Am I happy with what I have or am I obsessing about what I want?

#### **5) Home Life**

- a) How is my home life?
- b) Have I been kind, considerate, understanding and loving, even when I don't think the other person "deserves" it?
- c) Have I needed to make amends lately? (did I raise my voice, was I sarcastic, did I angrily brake something, slam doors, etc.) If so, did I make the amends?
- d) Have I been in fights or arguments at home? (Wife, kids, parents)
- e) Am I having any sex problems? Is there intimacy (or is it more closely described as "In To Me See") with my lover? Would your partner agree with your opinion of this?
- f) Am I fantasizing about others? Am I acting out sexually? (pornography, selfish gratification, masturbation, affairs...)

#### **6) Career**

- a) How are things at work, school, or my career?
- b) Am I having problems with my boss, subordinates or co-workers? Am I being short, grumpy, or acting out of silent scorn?
- c) How am I doing with my money? Do I have enough to pay my bills? Am I overspending?
  - a. If no, am I giving to charities? (things, time and/or money)
- d) Am I carrying money on credit cards or lines of credit? Am I in debt? Am I living within my means?
- e) Is my partner responsible with their spending habits?

#### **7) General**

- a) How is my physical health? Am I overweight? Am I exercising my body? Am I exercising my mind?
- b) Do I keep my word? Am I where I say I will be? Am I on time?
- c) Do I have a good attitude toward life? Am I living life on my terms, "life's terms", or on "God's terms"?
- d) (THE HAMMER QUESTION – EVERYONE ANSWERS): Where has my self-will/ego manifested itself recently? (judgementalism, manipulation, agenda's, closed-

mindedness, condescension, dishonesty, fear, justification, rationalization, minimization, being inconsiderate, stubbornness, etc.)