

MORAL INVENTORY - Friday, 17 March 1989

CHALLENGE: Not to control or enable **child 1**

1. I am powerless over controlling another human being. It makes my life unmanageable by worrying and manipulating.
2. Straight can be one of my higher powers and can educate me.
3. I choose to trust in Straight.
4. In searching myself I also find that this challenge affects others in my family. It harms **child 1** and halts his progress. It creates frustration and resentment in **spouse**. It causes **child 2** and **child 3** to role play.
5. I am asking for help and attending Straight meetings.
6. I am ready to pray for help to make this change.
7. I humbly ask my higher power to remove this desire to control and enable.
8. I am willing to make amends to **spouse** by supporting **child 1** and keeping him in the Straight program.
9. I will make direct amends to **spouse** on Saturday, 16 March.
10. I am preventing this from happening again by attending Straight meetings and reading Al-Non book.
11. I am improving my communication with my higher power through prayer.
12. I am applying what I have learned about this challenge by working the 12 steps.

Goals:

1. Read Al-Non message.
2. Go to aerobics.
3. Clean out car.

Good Points:

1. Good Mike talk Friday.
2. Did computer inventory at work.
3. Talked with Straight parents at Friday meeting.

Good Qualities:

1. Didn't get upset when driving home Friday night in traffic.
  2. Felt very proud of my mother and father.
  3. Feel at peace with myself.
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MORAL INVENTORY - Saturday, 18 March 1989

Challenge: Worrying about **child 1**'s mental condition.

1. **child 1** is currently taking various medications to control psychotic behavior and I am powerless over **child 1**'s mental condition. It makes my life unmanageable in these ways -- can't sleep and staying on task is difficult at home and at work.
2. Power greater than myself can help me with this if I relax and let go of the feelings to control and worry.
3. I am ready to turn my will and life over to the care of my higher powers which are Straight, God, and meditation.
4. In searching myself I also find that this problem affects my work, sleep, and relationship with his grandparents.
5. I am asking for help and calling Straight to understand how the medications will be dispensed and in what dosages.
6. I am letting Straight oversee **child 1**'s medications and well-being.
7. I am humbly asking my higher power to remove my feelings of guilt and manipulation.
8. I am willing to make amends to **spouse** because I am nervous, fearful, and worried.
9. I am willing to make direct amends to **spouse** by Monday morning.
10. When I feel I am worrying, I will go through my steps and let go.

Moral Inventory  
Page 3

11. I am improving my communication with my higher power by attending church on Sunday.
12. I am applying what I have learned about this challenge by trusting in Straight.

Goals:

1. Go to church.
2. Finish wash.
3. Relax in pm.

Good Points:

1. Accomplished goals for today.
2. Picked up family photographs.
3. Make good supper.

Good Qualities:

1. I have patience.
  2. I was happy about the beautiful day I enjoyed.
  3. I feel energized.
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MORAL INVENTORY - Sunday, 19 March 1989

Challenge: Having time to do the Altar Guild for the month of April.

1. I am powerless over time. It makes my life unmanageable because I am running late and feeling rushed.
2. The power of determination that I will arrange time to accomplish this task.
3. I choose to turn my will over to the care of my higher powers of determination and pride that I will overcome.

4. In searching myself I find that I feel guilty that I was going to remove my name from the Altar Guild list. I also feel that I am not pulling my fair share if I remove my name.
5. I am asking for help and talking to person7 who is in charge of the Altar Guild and spouse who said he will help me.
6. I am ready to have my higher power help me adjust and arrange to work on the Altar Guild on Saturdays.
7. I humbly asked my higher power to help me rearrange my schedule and control my time better.
8. I am willing to make amends to person7
9. I will make direct amends to person7 on Sunday.
10. I am going to stay consistent with this positive change and sign up for the Altar Guild once a year.
11. I am improving my communication with my higher power by prayer and mediation.
12. I am applying what I have learned about this challenge by encouraging other to work the Altar Guild.

Goals:

1. Call Straight about child1's medications.
2. Call Court so child1 does not have to be present.
3. Check with florist on hours of operation.

Good Points:

1. Accomplished goals.
2. Talked with child2 last night even though I was going to work on my MI but she wanted to talk.
3. Took pictures to Pottery to be framed.

Good Qualities:

1. Hard worker.
2. I am motivated.
3. Finished a paint job today.

Moral Inventory  
Page 5

Blessing:

I am thankful for my family and loved ones. I am grateful for the wonderful world in which we live.

MORAL INVENTORY - Monday 20, 1988

CHALLENGE: To control my anger that I had to be in court and hope that the court order **child 1** to complete Straight.

1. I am powerless over the circumstances causing me to appear in court. It makes my life unmanageable because I take my anger out at others.
2. My power of determination to resolve this issue will help me.
3. I choose to turn my will over to my higher power of determination and confidence that this issue will come to resolution.
4. I find that this challenge is affecting my job as I have to take time away from the office. It affects my co-workers who have to cover for me. It affects my boss as he is left with no support.
5. I am asking for help and talking to my co-workers and boss.
6. I am ready to have the court help me keep **child 1** in the Straight program.
7. I humbly ask my higher power to remove my anger and impatience.
8. I am willing to make amends to myself.
9. I will make direct amends to myself tomorrow after court.
10. I am going to stay consistent with this positive change by supporting **child 1** in Straight.
11. I am improving my communication with my higher power by meditation.
12. I am applying what I have learned about this challenge by working my program and letting go of **child 1**

GOALS:

1. Make amends to myself after court.
2. Go to exercise class.
3. Spend time with **spouse** tomorrow night.

MORAL INVENTORY - Monday, March 20, 1989

GOOD POINTS:

1. Feel healthy.
2. I liked the way I arranged the fresh flowers I picked.
3. Felt prepared for court.

I am thankful for spouse who has been so supportive of me and my endeavors. I am grateful he is in recovery, and we are both working on a program.

MORAL INVENTORY - Tuesday, March 21, 1989

CHALLENGE: Learning the 12 steps.

1. I am powerless over time and it makes my life unmanageable not being able to learn the 12 steps.
2. My power of determination and the desire to help my son, as well as my family and myself, will encourage me to learn the 12 steps. spouse is also my higher power because he knows these steps and has been using the steps.
3. I choose to turn my will over to the care of God and the 12 step program.
4. This challenge affects my entire life and those loved ones around me, because I must learn these steps in order to be able to process them and use them.
5. I am asking for help and talking to spouse about this.
6. spouse will help me learn the 12 steps.
7. I ask spouse to tutor and test me on the 12 steps.
8. I am willing to make amends to myself for not learning them while I was in Al-Anon.
9. I will make direct amends to myself tonight while I reflect before going to sleep.
10. To continue to cite the 12 steps and use them. I will not slip and forget them.
11. I am improving my communication with my higher power by reinforcing my desire and drive to learn the 12 steps.
12. I am applying what I have learned about this challenge to other challenges similar in nature that I will overcome, i.e., aerobics test and body recall program.

Goals:

1. I will learn 1-3 steps by tomorrow.
2. I will clean the kitchen tonight.
3. I will talk with child 2

Good Points:

1. Picked child 2 up from softball.
2. Met my goals from yesterday.
3. Felt good about my self today.

MORAL INVENTORY - Wednesday, March 22, 1989

CHALLENGE: Have difficult separating feelings of guilt from reality when making decisions.

1. When I let feelings to guilt overcome me my life becomes unmanageable.
2. Sane decisions aren't made when feeling guilty.
3. God's will is reality, therefore, if I will be realistic rather than guilty.
4. This challenge is affecting my work schedule and co-workers.
5. I have discussed this challenge with spouse
6. I am ready to thoroughly exam my situation and be able to separate reality from guilt.
7. Humbly ask God to help me determine the difference between reality and guilt.
8. I am willing to make amends to myself and spouse
9. I will make direct amends to myself tonight and to spouse after I finish my MI.
10. To stay consistent with this change I must learn to recognize guilt trips.
11. I am improving my communication through learning the 12 steps.
12. I am applying what I have learned about this challenge by being more conscience of my feelings and schedules.

Goals:

1. Talk to person 1 about aerobics decision.
2. Help coworker1 with her work.
3. Pack Dinner for Straight.

Good Points;

1. Accomplished today's goals.
2. Comforted coworker1
3. Talked with person 2 about the dress code.

MORAL INVENTORY - Thursday, March 23, 1989

CHALLENGE: I feel bad because I didn't write a thank you note.

1. Because too many things going on in my life I forgot to write a note.
2. I will use my powers of reflection and conscience to help me.
3. I will turn my will over to reflection and remember each day those people who have supported me.
4. This challenge affects the person I did not thank and makes me look ungrateful.
5. I am asking for help and talking to my higher power.
6. I am ready to reflect each day the special things people do for me and not take them for granted.
7. I humbly ask my higher power to help me be more thoughtful.
8. I will make amends by writing the thank you note.
9. I will make direct amends to person3 on Monday.
10. I can prevent this from happening by writing thank you notes more regularly to people.
11. I am improving my communication with my higher power by being thankful for the many kind things people do for me.
12. I am applying what I have learned by thanking people more often for their support.

Goals:

1. Write person4 a thank you note.
2. Talk to person1 about aerobics.
3. Learn Step 4.

Good Points:

1. Helped coworker1 today.
2. Have lunch with a friend.
3. Was in a good mood all day.

MORAL INVENTORY - Friday, March 24, 1989

CHALLENGE: Need to <sup>share my feelings</sup> talk with spouse because child 1 admitted he had shared drugs with child 2

1. I am powerless over people and drugs.
2. My power and belief in Al-Anon will see me through this issue.
3. I choose to turn my will over to my program.
4. I feel that this challenge is affecting spouse and his feelings toward child 1.
5. I am asking for help and talking to spouse and listening to spouse
- \* 6. I am ready to use the 12 steps to help me talk with spouse
7. Please remove my inability to share with spouse
8. I am willing to make amends to myself .
9. I will make amends by relaxing tomorrow and reading an Al-Anon message.
10. I am going to stay consistent with this positive change by remembering to keep communication open between spouse and me.
11. I am improving my communication with my higher power by prayer and reading Al-Anon.
12. I am applying what I have learned about this challenge by working the 12 steps and sharing feelings.

GOALS:

1. Clean car out from DC trip.
2. Hang pictures.
3. Talked with spouse about this challenge.

GOOD POINTS:

1. Took family pictures to Mom and Dad.
2. Shared with Mom and Dad how proud I am of them.
3. Did a good/complete job packing for Straight.

I am thankful for my family and loved ones. I am grateful for this wonderful world in which we live.

MORAL INVENTORY - Saturday, March 25, 1989

CHALLENGE: To be more patient with child 3

1. I am powerless over my feelings when I lose control and patience.
2. Powers greater than myself can help me understand how I can manage my impatience.
3. I choose to turn my will over to the care of my powers of meditation, understanding, and love.
4. This challenge affects my relationship with child 3 and spouse.
5. I am asking for help and talking to person8 about how to handle this.
6. I am ready to have my higher power of humility help me make this change.
7. I humbly ask my higher power to remove my shortcoming of impatience and remember child3 is a loving child.
8. I am willing to make amends to myself by taking time out to reflect and relax.
9. I will make direct amends to myself after dinner.
10. To stay consistent with this change I will be more relaxed and more alert of my impatience, and condition myself to be in the right frame of mind when I am with child 3.
11. I am improving my communication with my higher power by reading Al-Anon thoughts on impatience.
12. I am applying what I have learned about this challenge by being more patience with everyone with child 3 at the top of the list.

GOALS:

1. Go to Easter brunch in Petersburg.
2. Watch a movie after dinner.
3. To read a thought in Al-Anon book.

GOOD POINTS:

1. Accomplished the grocery and drug store shopping.
2. Shared with child 1's grandmother about child 1 and Straight.
3. Felt satisfied with my personal appearance.

I am grateful for my wonderful family and loved ones.

MORAL INVENTORY - Sunday, March 26, 1989

CHALLENGE: I am apprehensive about working with coworker2 next week.

1. I am powerless over coworker1 taking vacation and coworker2 working in coworker1's place.
2. My power of friendship and compassion will help me get through this.
3. I choose to turn my will over to my power of friendship and confidence.
4. This challenge will affect how I feel after work with my family. It will affect coworker2 and my friendship.
5. I am asking for help and talking to coworker2 and spouse
6. I am ready to have my higher powers of confidence and determination to help me.
7. I humbly asked my higher power to remove my impatience and arrogance.
8. I am willing to make amends to myself and coworker2
9. I will make amends to myself by prepping myself Monday on the way to work and will talk with coworker2 at work Monday a.m.
10. I will stay consistent with this positive change by encouraging coworker2 to help and support me.
11. I am improving my communication with my higher power by asking God to help me place myself in coworker2's place and understand her feelings.
12. I am applying what I have learned about this challenge by working with coworker2

GOALS:

1. To talk honestly with coworker2 Monday a.m.
2. Go to Straight meeting.
3. To finish my dictation at work.

GOOD POINTS:

1. Took an Easter present to friends. (sharing)
2. Went to Church with Mom and Dad. (prayerful)
3. Pack dinner for Straight. (accomplished)

I am thankful for this wonderful Easter weekend. For my parents who came and spent Easter with me, for spouse and all my supportive friends.

MORAL INVENTORY - Monday, March 27, 1989

CHALLENGE: I feel frustrated that I am newspaper daily.

1. I am powerless over time and it makes my life unmanageable.
2. My powers of organization and determination will help me.
3. I will make a decision to be a newspaper reader and set a time each day to read it.
4. In looking at myself I find a lack of motivation and laziness to follow-through and read the paper.
5. I will talk with spouse about this challenge tomorrow.
6. I am unmotivated and want to overcome this character defect as it relates to reading the paper.
7. I will work harder on setting aside a few minutes after work each day to read the paper and overcome my motivation shortcoming.
8. I have hurt myself by not reading the paper. Reading the paper makes me more knowledgeable. It helps me stay in touch with my community and the world.
9. I will take time out to read the paper each afternoon after work.
10. I have been wrong in letting myself slip by each day for weeks not reading the paper. If I continue to remain the same, I will be uninformed and ignorant.

Monday, March 27, 1989

11. I will seek to be more organized in order to allow time to read the paper. I will read an article on organization to prepare myself.
12. Having had a spiritual awakening as a result of these Steps, I will carry this message to others by practicing the 12 Steps and attending Straight raps.

GOALS:

1. Clean out car when I get home from work.
2. Read the paper after work.
3. Say grace at dinner.

GOOD POINTS:

1. Helped coworker2 with the xerox machine -- friendly, patient, compassion.
2. Said grace at dinner -- inspired, serene, prayerful.
3. Talked with my sister -- caring, happy, pleased.

BLESSING: I am thankful for little every day pleasures. Happy that I am healthy and feel good.

**MORAL INVENTORY - Tuesday, March 28, 1989**

**CHALLENGE:** To attend one Al-Anon meeting a month.

1. I am powerless over the times, dates, and locations of meetings.
2. I know that my power of determination and desire to learn can help me attend these meetings.
3. I will turn my will and my desire to be enlightened over to the care of God.
4. In taking my inventory I find I am impatience, lazy, and lack humility.
5. I admit that I haven't gone to enough Al-Anon meeting, that there is always something to learn at the meetings. I haven't tried hard enough to attend.
6. I am ready to have God and my higher power of enlightenment and learning to help me arrange my life so I may attend these important meetings.
7. I humbly ask my higher power to remove my laziness and lack of organization so I may attend these meetings.
8. I will make amends to myself tonight after supper.
9. I will read an Al-Anon message tonight and think about it.
10. To stay consistent with this positive change I will ask spouse to encourage me. I will get another Al-Anon's phone number and talk with her when I want an excuse not to attend.
11. I am improving communication with my higher power through prayer, meditation, and by attending Straight.
12. Having had a spiritual awakening I will encourage new parents in Straight to attend Al-Anon. I will practice/reflect on the messages I learn at Al-Anon.

**GOALS:**

1. Go to aerobics class on Wednesday.
2. Call Body Recall about program.
3. Call airlines about ticket.

Tuesday, March 28, 1989

GOOD POINTS:

1. Helped [coworker2] at work -- purposeful, organized, sensitive.
2. Went by Dare house and unlocked it for [spouse] -- helpful, kind, loving.
3. Bought a sympathy card for death of co-worker's father -- caring, compassionate, sensitive.

BLESSING: I am grateful for my family and loved ones. I am thankful for this wonderful world in which we live.

MORAL INVENTORY - Wednesday, March 29, 1989

CHALLENGE: To learn the 12 Steps.

1. I am powerless over drugs and alcohol...it makes my life unmanageable.
2. Powers greater than myself can help me accomplish this challenge.
3. Made a decision that I will use my powers of determination and Al-Anon to assist me in learning the 12 Steps.
4. Checking my inventory I see that I am not motivated enough and need to schedule my time better.
5. I realize I need to learn these Steps to help me in my day-to-day challenges.
6. I am ready to have my higher powers remove my lack of motivation and replace it with a desire to learn. I am ready to take charge of my time and arrange my schedule so afternoon in the car before driving home I can read the Steps.
7. I ask my higher power to remove my lack of motivation and disorganization.

Wednesday, March 29, 1989

8. I am willing to make amends to myself.
9. I will make direct amends to myself tomorrow morning by reading a verse from Al-Anon. This give me a sense of peace to begin the day.
10. I will continue to read the 12 Steps each day until I know them by heart.
11. I pray that I will have the desire, motivation, and assertiveness to learn my 12 Steps.
12. Learning and using the 12 steps will give me a spiritual awakening, and I want to understand how to use them during my day-to-day encounters.

GOALS:

1. Fix dinner.
2. Get my car fixed.
3. Help with the Pancake breakfast at work.

GOOD POINTS:

1. Went to senior exercise class -- cheerful, kind, modest.
2. Took men home for spouse -- tolerant, purposeful, cooperative.
3. Led a good exercise class -- organized, motivated, capable.

BLESSING: I am grateful for all my friends -- for the life I have and for my job.

MORAL INVENTORY - Thursday, March 30, 1989

CHALLENGE: I feel frustrated trying to lose two pounds.

1. I am powerless over the preparation of some meals...it makes my life unmanageable.

Thursday, March 30, 1989

2. Came to believe that powers such as determination, desire, will, and hope will help me achieve this goal.
3. I choose to turn my will over to my greater powers of confidence and motivation.
4. In searching myself I also find that this challenge is affecting my morale and positive feelings about myself.
5. I am asking for help and positive feedback from spouse, person5 and person6.
6. I am ready to have God remove my lack of will power.
7. I ask God to remove my lack of will power and will stay on track to keep in touch with my goal.
8. I am willing to make amends to myself.
9. I will make direct amends to myself tonight by reading an article on physical fitness.
10. I will continue to watch my weight and be aware that being healthy is one of the most important things in life, and when I forget these items admit I am wrong and write an MI and get back on track.
11. I ask God to help me stay on the road to health and ask him for the power of determination and will power to carry my goal to completion.
12. I will continue to teach aerobics and encourage other to be healthy.

GOALS:

1. To lose one pound by tomorrow night.
2. Complete paperwork for coworker2's paycheck.
3. Go to Straight.

GOOD POINTS:

1. Went grocery shopping for spouse -- organized, helpful, cooperative.
2. Worked out hard tonight -- determined, purposeful, diligent.
3. Fixed the copy machine -- proud, intelligent, capable.

Thursday, March 30, 1989

BLESSING: I am grateful for the beautiful flowers and wonderful sunny days. I am thankful to spouse for taking his time to fix Straight dinner and pack our dinner for Friday night.