

The evening review questions (86:1)

Here are the evening review questions from the Big Book. They are a necessary part of the program, which on a daily basis, helps us find God's will in our lives. These questions are also a great way to foster intimacy within a relationship. If you want to try something new in your relationship, try answering these questions each day with your partner. I found in my life that the questions took my relationship to a new level. One word of caution though - If you are answering these questions with another person as a way of fostering intimacy, I highly suggest you keep quiet as the other person answers the questions. The questions are a great tool for you and your partner see into each other's lives but, they are not designed as a way for you to help or critique your partner's day. The questions offer a way, for you to see into your partner's life through *them being vulnerable with you*. Do not abuse that vulnerability by making "helpful suggestions" or "helpful criticisms", there is no such thing when it comes to these questions. Although I have found this process very, very valuable to my relationship and I highly recommend it, I have also found it very hard to keep quiet when the other person is answering the questions. Particularly when it is me that they are resentful at, dishonest to, afraid of, etc... Remember the goal of the questions within a relationship... to help you foster intimacy. It is for each individual, with God's help, to correct the behavior that caused a negative response to any of these questions. Anyway, give it a try and I think you will find it extremely beneficial to your recovery and to your relationship.

Evening Meditation Questions : (86:1) - The Book has the questions in the form of "were we" but, I put the questions in the form of "was I"...

1. Was I resentful?
2. Was I selfish?
3. Was I dishonest?
4. Was I afraid?
5. Do I owe an apology?
6. Have I kept something to myself which should be discussed with another person at once?
7. Was I kind toward all?
8. Was I Loving toward all?
9. What could I have done better?
10. Were we (Was I) thinking of myself most of the time?
11. Were we (was I) thinking of what I could do for others?
12. Were we (was I) thinking of what I could pack into the stream of life?

But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken...

Here is the prayer of forgiveness I ask after I do the questions...

" God, please forgive me for my failings today. I know that because of my failings, I was not able to be as effective as I could have been for you. Please forgive me and help me live thy will better tomorrow. Father, I ask you now to show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. Lord, show me how to make my relationships right and grant me the humility and strength to do thy will. Amen"

I now make a list of the ways in which I intend to correct my wrongs...

If I was resentful, I write out the resentment as specified in the Big Book (a mini-Four column inventory).

If dishonest, selfish, unkind, unloving, I owe an apology or if I have kept things to myself, I write out the amend I will make tomorrow.

As for the rest of the questions, I meditate on how I can improve in those areas. If an answer comes to me, I write it down so I won't forget. These thoughts are mirrored in the 12 & 12..(94:1) " When prideful, angry, jealous, anxious or fearful, we acted accordingly, and that was that. Here we need only recognize that we did act or think badly, try to visualize how we might have done better, and resolve with God's help to carry these lessons over into tomorrow, making of course, any amends still neglected."

In the morning meditation there is the statement that we "consider our plans for the day" This list I have just made is the plans I have for the day. I have to correct the mess of yesterday if I hope to keep my side of the street clean so when I say my morning prayers, I ask God for help in those areas - if it is His will...