

		Rate on a scale of 1-10		
		Me	Spouse	Sponsor
Awareness				
A0	Betrayal: I fully understand the depths of pain and suffering I have caused my spouse			
A1	Inner Child: I am deeply aware of my inner child, his triggers, and activation scenario's.			
A2	Feelings: I recognize when my feelings and emotions get out of balance.			
A3	Beliefs: I am able to stop the cascading affects of negative beliefs on my emotions			
A4	Scars: I am conscious of past traumas and their impact on my current behavior.			
A5	Confidence: I am building faith in my own skills, abilities, and decisions.			
A6	Thoughts: I can identify and manage and turn away from intrusive thoughts and images.			
A7	Atunement: I can sense when my partner is out of sorts and be supportive			
A8	Compassion: I can sense and express a deep sense of concern for my partners pain			
A9	Codependence: I am addressing my patterns of codependence			
A10	Self aware: I recognize when I am being selfish or doing good to look good			
Mindset				
M1	Humility: I am open to feedback, clear about my shortcomings and never seek credit			
M2	Integrity: I am devoted to absolute honesty, no matter the outcome.			
M3	Growth: I read, explore and integrate tools to change my character and behavior			
M4	People/places: I will not have negative influencers			
M5	Commitment: I am determined to do what it takes.			
M6	Willingness: I have adopted a growth vs fixed mindset (I will change)			
M7	Boundaries: I have developed my own boundaries, and respect others.			
M8	Identity: I accept I am a beloved and broken child of God with an affliction and illness			
M9	Faith: I strive to seek God's guidance rather than being driven by my wil.			
M10	Higher power: I believe there is a power greater than me who can return me to sanity			
M11	Acceptance: I embrace the things I cannot change and have the courage to change what I can.			
M12	Surrender: I am powerless over my drug of choice, people and the world			
Behaviors				
B1	Medication: I no longer use unhealthy substances and behaviors to escape emotional turmoil			
B2	Plan: I am committed to and following a vision form my life and my recovery action plan.			
B3	Expectations: I maintain realistic expectations of myself and others.			
B4	Wounds: I have done a complete timeline of the wounds from my past			
B5	Respond vs react: I pause, reflect and respond vs react and implode			
A8	Empathy: I am able to understand, validate and authentically speak into others emotions			
B6	Fulfillment: I have a clear sense of purpose and direction in my life.			
B7	Pursuing: my partner/spouse truly feels my expressions, atitudes and actions of love as genuine			
B8	Service: I actively offer assistance to those in need.			
B9	Team: I regularly connect with men in the fellowship, mentors, advisors and counselors			
B10	Amends: I have made reparations for past wrongs and continue to do so as needed.			
B11	Responsibility: I have taken ownershiup of all my past unhealthy behaviors to someone else			
B12	Resentments: I have addressed past and present resentments and learned to forgive.			
B13	Grief: I am capable of recognizing and processing grief.			
B14	Communication: I effectively share my feelings, needs and requests and activity listen to others.			
B15	Fellowship: I am involved with a community of men and participate in meetings.			
B16	Finding joy: I am purposeful about finding things that bring us healthy joy			
B17	Selfish: I understand how I can be self-centered			