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## Sober Tools – Spot Check Inventory

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A spot check inventory can be used any time of the day to assess your level of emotional and spiritual well-being. Ideally you will derive ongoing benefit from the tool if you employ it at the start of your day or the conclusion of your evening.

You are free to use any format you like to take a spot check inventory. Our preference is the framework found in the spiritual benchmarks known as the “12 Promises” which are found in the original recovery text of *Alcoholics Anonymous*, (1965). The book’s author suggests that the promises are realized after completing one’s 9th Step – “Made direct amends to such people wherever possible, except when to do so would injure them or others”, however, we have used the promises for years as a tool for taking our spiritual temperature.

If you review the 12 Promises on a daily basis and consider what you might do to enhance its prominence in your life, you will find that you will become aware of strategies that you can employ to initiate desired changes in your life or, at the very minimum, identify focal points for you to explore with members of your support group or therapist.

You can review each of the promises on a daily basis or focus your attention specifically on the promises you are having difficulty with.

Task 1: Date your entry. Enter the reference number of the promise you are assessing in the “Promise” column.

Task 2: Review the list of 12 Promises and place a – (minus) in the “Status” column to denote that you are lacking in the feature or a + (plus) to identify that you have made satisfactory progress.

Task 3: In the column marked “Plan” write down something simple you can do to increase the presence of that feature in your life if the status that you marked for it is a – (minus) even if the only idea that you come up with is to talk about it with your sponsor or bring it up as a topic for your next 12 Step meeting. If the status is + (plus) write a simple description of how it is present in your life.

Task 4: Review your spot check inventories with a member of your support group on a regular basis.

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**Sober Tools - Spot Check Inventory (Continued)**

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Date	Promise #	Status -/+	Plan / Description

The Twelve Promises

- 1. We are going to know a new freedom and a new happiness.
- 2. We will not regret the past nor wish to shut the door on it.
- 3. We will comprehend the word serenity.
- 4. We will know peace.
- 5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
- 6. That feeling of uselessness and self-pity will disappear.
- 7. We will lose interest in selfish things and gain interest in our fellows.
- 8. Self-seeking will slip away.
- 9. Our whole attitude and outlook upon life will change.
- 10. Fear of people and of economic insecurity will leave us.
- 11. We will intuitively know how to handle situations which used to baffle us.
- 12. We will suddenly realize that God is doing for us what we could not do for ourselves.