

When We Retire At Night... We

Constructively review our day.

Alcoholics Anonymous Pg 86:1

1. Were we (*see back for definitions*):
 - resentful,
 - selfish,
 - dishonest, or
 - afraid?
2. Do we owe an apology?
3. Have we kept something to ourselves which should be discussed with another person at once?
4. Were we kind and loving toward all?
5. What could we have done better (*different*)?
6. Were we thinking of ourselves most of the time?
7. Or were we thinking of what we could do for others,
8. of what we could pack into the stream of life? (*Did I do the best I could with the energy I had and the tools at my disposal?*)
9. But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others.
10. After making our review we **ask God's forgiveness and inquire what corrective measures should be taken.**

<Pause to pray & meditate>

DEFINITIONS

Webster's Collegiate Dictionary 5th Ed. 1939

- 1. Resentful** The feeling of displeasure or indignation at something regarded as an wrong or insult. *(from the Latin 're' again, 'sentir' feel; Irritated: showing or feeling slight anger; annoyed.)*
- 2. Selfish** Caring unduly or supremely for oneself; regarding one's own comfort, advantage, etc, in disregard, or at the expense, of others. *(Are people acting the way I want them to (control)? Did that person act the way they did because of something I don't know about or understand?)*
- 3. Dishonest**
By Commission: To commit, to do, to act on, out and out lies *(lying Cheating, and stealing).*
By Omission: To omit. What I didn't say. Information I did not provide. Failure to state my own needs: *("Did I state what I needed, how I felt, or what I thought? Have I been honest with myself?")*
- 4. Frightened** Afraid: Fear, especially that which arises from apprehension. *(May result from reliance upon people, places and things instead of having faith in God.)*