

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?

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?

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

- 1. Resentful** The feeling of displeasure or indignation at something regarded as an injury or insult. (from the Latin 're' again, 'sentir' feel) Irritated: showing or feeling slight anger; annoyed.
- 2. Selfish** Influenced by personal motives to the disregard of the welfare or wishes of others. Concerned excessively or exclusively with oneself. 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.