

## 11<sup>th</sup> Step - Evening Review using the 4 absolutes

When doing this inventory, look at your thoughts, words and deeds as if they are being displayed on a screen for all to see.

Then ask yourself: "How would they be generally viewed?"  
"How have I fallen short in what I think, say or do?" Be specific.

1. **ABSOLUTE HONESTY:** *Is it true or is it false?*

Was I absolutely honest with myself or did I rationalize?

Did I twist a meaning, misquote, exaggerate or misrepresent a point to make an impression or gain an end?

Was I loose with the truth?

Are there any conditions under which I will or do tell a lie?

Can I be depended on to tell the truth – no matter the cost?

Can I be absolutely trusted in money matters? In my work? With other people's reputations?

Are there any areas of my life where I am not dealing with reality or the truth?

2. **ABSOLUTE UNSELFISHNESS:** *How will this affect the other fellow?*

Was I willing wherever possible to help others who needed my help expecting nothing in return?

What did I live for – myself, my own position, money, place, power?

Or were my powers at the disposal of another's need?

Were my powers at the disposal of our Creator's Work?

What controlled my actions – self-interest or God-interest?

In the depths of my spirit, who got the final word?

Was I self-directed or God-directed?

Also, were there any laws or rule that I thought didn't apply to me?

Is there anyone who I came into contact with today or anything about life in general that I think needs to change?

3. **ABSOLUTE LOVE:** *Is it ugly or is it beautiful?*

Love is the will to extend ourselves for the purpose of nurturing our own or another's spiritual growth.

Were any of my actions motivated by fear?

Did I make a decision to be loving in all my affairs?

Was I easily offended? Did I lose my temper?

Was I quick to sense slights?

Or did I take the attitude of love, which refuses to be offended?

Was I always compassionate and nurturing toward myself?

4. **ABSOLUTE PURITY:** *Is it right or is it wrong?*

Were my motives pure in my thinking and in my actions?

Did I maintain purity of mind, of body and of purpose in everything I did: my conduct in business, in work and play, my use of possessions, my attitudes toward relations with those I'm sexually attracted to, friends, acquaintances, as well as in my habits?

Did I manipulate, seduce, pre-program or project hidden agendas onto anyone or anything?