

## Purity in Action: WHAT's YOUR SCORE?

From January 1947 AA Grapevine

KEEP THIS AND CHECK YOUR GRADE EACH MONTH

GIVE YOURSELF FROM ONE TO FIVE POINTS ON EACH QUESTION

1. Has my past been a mess and am I EARNESTLY DETERMINED TO ESTABLISH A BETTER WAY OF LIFE, and am I willing to make the effort? \_\_\_\_\_
2. Do I admit BEYOND ANY DOUBT that I am powerless over alcohol - that if I use it, it will destroy me? \_\_\_\_\_
3. Do I sincerely believe that there is a power greater than myself in which I WILL PUT MY TRUST regardless of what happens? \_\_\_\_\_
4. Do I realize the importance of talking A.A. and attending all A.A. MEETINGS POSSIBLE, or do I hedge and make excuses? \_\_\_\_\_
5. Am I really willing to MAKE RETRIBUTION where possible to those I have harmed, or am I just kidding? \_\_\_\_\_
6. Do I SINCERELY OBSERVE daily moments of constructive meditation, thinking of my humility and desire to understand? \_\_\_\_\_
7. Am I TRULY HONEST with others, or will I chisel if I get a chance? \_\_\_\_\_
8. Am I PATIENT in waiting for the rewards of my efforts? \_\_\_\_\_
9. Am I FRIENDLY and do I TRY TO OVERLOOK the shortcomings of others, regardless of who they are? \_\_\_\_\_
10. Am I tolerant - do I show consideration for those whose beliefs, practices or habits differ from my own? \_\_\_\_\_
11. Am I a gossip - do I repeat rumors or chatter about people's affairs? \_\_\_\_\_
12. Am I GRATEFUL for ALL HELPFUL THINGS and DO I SAY SO? \_\_\_\_\_
13. Do I have REAL COURAGE and am I FREE FROM FEAR OF ALL KINDS? \_\_\_\_\_
14. Do I really have CONFIDENCE IN MYSELF and others, or am I filled with doubt and suspicion? \_\_\_\_\_

15. Do I cooperate with others and HELP PROMOTE constructive ideas? \_\_\_\_\_

16. Do I practice SELF-CONTROL, and really forget and forgive differences? \_\_\_\_\_

17. Am I neat in my appearance, and do I keep as clean as I can under the circumstances, both in body and mind? \_\_\_\_\_

18. Am I extending any effort to help others with their problems? \_\_\_\_\_

19. Do I realize that my problem is NOT MONEY, but mental and physical? \_\_\_\_\_

20. Am I making any reasonable effort to OVERCOME any other undesirable habits or CHARACTERISTICS I may possess? \_\_\_\_\_

Total \_\_\_\_\_

A total score of less than 50 is regarded as poor; 50 to 60 fair; 60 to 65 low average; 65 to 70 high average; 70 to 80 excellent; over 80 "impossible in this world."