



# GROWTH QUESTIONNAIRE

*Al Kohallek Goes  
High-Stepping*



## *Growth Questionnaire*

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**A JOURNEY  
INWARD**

This Growth Questionnaire is not intended to give us reason to resent our past. Hopefully, the working through this will offer us some information and insight that can improve our present and future. This questionnaire is a journey inward not backward.

**AM I  
GROWING**

**The Growth Questionnaire** – Do you sometimes feel you have not grown very much? Try this if you have been in the Program a year or more. You are in for a big surprise. Three questions we can asked if we are growing or really changing are:

1. How often do we experience something?
2. How intense is it when we do experience it?
3. What is the duration of the experience?

**ACTION**

Respond to the one hundred statements as follows: (Closely read each statement)

1. We are to rate our responses from 0 to 5 in three areas of growth: How Often, How Intense or the Duration.
2. The first response in the WAS column is for how it before we came into the program.
3. Our next response in the TODAY column is for how it is today.

After you have responded to each statement you are to total the WAS and TODAY columns, then use the little formula to get your percent of change.

The way the following statements are set up is this, rate the value from 0 (zero) to 5 (five). Choose from one of the following modes, which best suits, each statement:

HOW OFTEN	HOW INTENSE	DURATION
0 - Never	0 - Very Cold	0 - An Instant
1 - Rarely	1 - Cold	1 - A Few Minutes
2 - Occasionally	2 - OK	2 - Hours
3 - Often	3 - Intense	3 - Days
4 - Very Often	4 - Very Intense	4 - Weeks
5 - Always	5 - Impassioned	5 - Extended Amount Of Time

**CAUTION – READ THE FOLLOWING STATEMENTS VERY CLOSELY - IF YOU HAVE EXPERIENCED AN IMPROVEMENT, THE “TODAY” COLUMN SHOULD BE A HIGHER NUMBER.**

WAS	#	TODAY	STATEMENT
	1.		I am very honest in all of my dealings with others and myself.
	2.		I accept full responsibility for my problems. I no longer blame others.
	3.		I feel loved.
	4.		I let go of my resentments.
	5.		I am patient with others and myself.
	6.		I understand the difference between pity and love.
	7.		I know why I feel guilty.
	8.		I know what is normal.
	9.		I have an abiding faith I will have everything I need.
	10.		I do not fear others will “find out” the truth about me.
	11.		I no longer over react to others’ anger.
	12.		I no longer experience a general rage toward life.
	13.		The fear of being abandoned has left me.
	14.		I trust life experiences to work well for me.
	15.		I know when a situation is abusive.
	16.		I confront abusive situations when necessary.

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WAS	#	TODAY	STATEMENTS
	17.		When there is conflict, I seek a solution.
	18.		I can ask for what I need.
	19.		I feel as if I belong. I am no longer an outsider looking in.
	20.		I feel equal to most people I meet.
	21.		I am confident with who I am.
	22.		I have no fear of failure.
	23.		I am comfortable relaxing.
	24.		I can express my feelings.
	25.		I do not stuff my feelings.
	26.		I have relationships that work.
	27.		I remember my past experiences.
	28.		I apologize quickly when appropriate.
	29.		I do not minimize my accomplishments.
	30.		I make decisions and follow through.
	31.		I do not need constant affirmation.
	32.		I make and keep commitments in relationships.
	33.		I enjoy sharing in a close relationship.
	34.		I do not fear my children will fall in the same trap as I did.
	35.		I maintain healthy relationships.
	36.		I have balance between work and play.
	37.		I am honest in expressing my feelings.
	38.		I do not pretend to understand something when I do not.
	39.		My relationships are sexually healthy.
	40.		Romance is not a criteria for my fulfillment.
	41.		I am spontaneous.
	42.		Healthy people are my role models today.
	43.		I am worry free.
	44.		I invite God to do for me what I cannot do for myself.
	45.		My self-worth comes from within.
	46.		I no longer feel I have let others down, unless I have.
	47.		My life is free from crisis.
	48.		I no longer seek relief from fear, anger, and anxiety in compulsive behavior.
	49.		I do not isolate.
	50.		I no longer feel trapped. I am free to have constructive options.
	51.		I no longer have a chip on my shoulder, nor am I on the defensive.
	52.		I no longer take myself so seriously. I am gentle with myself.
	53.		I am empathetic with others.
	54.		I am playful, loving and fun to be around.
	55.		I am outgoing and confident.
	56.		I am sensitive in a positive way.
	57.		I am teachable.
	58.		I extend love to others.
	59.		I am no longer suspicious of anyone or anything.
	60.		I am a responsible person.
	61.		I am trusting and trustworthy.
	62.		I clean up after myself, without being compulsive.
	63.		I release the need to control.

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WAS	#	TODAY	STATEMENTS
	64.		I allow imperfection in others and myself.
	65.		I am filled with energy.
	66.		I am at peace with others.
	67.		I accept criticism.
	68.		I am accepting of others and myself.
	69.		I express myself well.
	70.		I am a good listener.
	71.		I am neither a victim nor an aggressor.
	72.		I am comfortable touching others or being touched.
	73.		I have a good balance between thinking, feeling, and doing.
	74.		I am becoming the person I really want to be.
	75.		I accept myself and what is going on around me.
	76.		I work the Twelve Steps in all areas of my life.
	77.		My head is in the clouds, but my feet are on the ground. I am well centered.
	78.		I handle frustrations and disappointments well.
	79.		I let go and let God.
	80.		I am comfortable with who I am.
	81.		I choose the Will of God – not ego; peace – not conflict, love, not fear.
	82.		I know a new freedom and a new happiness.
	83.		I do not regret the past nor wish to shut the door on it.
	84.		I now comprehend the word serenity, and I do know peace.
	85.		I see how my experience can benefit others.
	86.		That feeling of uselessness and self-pity has disappeared.
	87.		I have lost interest in selfish things and gained interest in my fellows.
	88.		Self-seeking is slipping away.
	89.		My whole attitude and outlook has changed.
	90.		The fear of people and economic insecurity left me.
	91.		I now intuitively know how to handle situations which used to baffle me
	92.		I have realized that God is doing for me what I could not do for myself.
	93.		All of the promises from Alcoholics Anonymous are being fulfilled.
	94.		I share my experience, strength, and hope with others each day.
	95.		I seek to practice God's Attributes as I realize them.
	96.		I am grateful for what my Higher Power has in mind for me, so I seek to do His Will.
	97.		I am warm and loving, kind and understanding, wise and intelligent, forgiven and forgiving, loved and loving, healed and healing and empowered by God's loving grace.
	98.		I practice the elements of love: Patience, Kindness, Generosity, Humility, Courtesy, Unselfishness, Good Temper, Good Sense Of Humor, Innocence and Sincerity.
	99.		I practice these characteristics: Higher Purpose, Focus, Preparedness, Conviction, Faith, Trust, Perseverance, Creativity, Risk Taking, Curiosity, Resilience, Independence, Commitment and Courage.
	100		I am being told very specifically everything I need in a way I can currently hear, understand and follow.

This Growth Questionnaire Completion Date \_\_\_\_\_

WAS' TOTAL	TODAY'S TOTAL	CHANGE	% OF CHANGE
Add the WAS Column	Add the TODAY Column	Subtract Was from Today	Divide change into Was Total
Example: Was' Total 150	Today's Total 325	325 - 150 = 175	175 ÷ 150 = 116.67% Change