

FOR OFFICE USE ONLY	
_____	Study
_____	ID
_____	Point
_____	Date
_____	Raid
GTROOO- Revised 7/94 2 Pages	

General AA Tools of Recovery (GAATOR 2.1)

Henry A. Montgomery

During the past 90 days, how many Twelve-Step meetings have you attended? [Twelve-Step meetings include Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous, etc.]

_____ meetings during the past 90 days

Now for each of the following questions, please circle the number which best describes you during the past 90 days.

<i>How true has this been of you during the past 90 days?</i>	Definitely False	False	True	Definitely True
1. I have turned my will and my life over to my Higher Power.	1	2	3	4
2. I have made direct amends to those whom I had harmed.	1	2	3	4
3. I have shared my personal inventory with another person.	1	2	3	4
4. I have believed that my recovery could only come from a power greater than myself.	1	2	3	4
5. I have made a list of my resentments.	1	2	3	4
6. I have recognized that the amount of serenity I have is a direct result of the amount of humility which I have.	1	2	3	4
7. I have taken a daily inventory of my behavior.	1	2	3	4
8. I have accepted the fact that I can never drink or use again.	1	2	3	4
9. I have told others about my spiritual experience.	1	2	3	4
10. I have been ready to let my Higher Power remove my shortcomings.	1	2	3	4
11. I have made indirect amends to those whom I had harmed, when direct amends were not possible.	1	2	3	4
12. I have found character defects which I am willing to give up.	1	2	3	4

<i>How true has this been of you during the past 90 days?</i>	Definitely False	False	True	Definitely True
13. I have realized that no matter what I do, things get worse when I drink or use.	1	2	3	4
14. I have shared my personal inventory with someone I trust.	1	2	3	4
15. I have asked my Higher Power to remove my defects of character.	1	2	3	4
16. I have made a list of people whom I had harmed.	1	2	3	4
17. I have tried to practice the Twelve Steps in all my affairs.	1	2	3	4
18. Writing down all my shortcomings has helped my sobriety.	1	2	3	4
19. I have prayed and meditated.	1	2	3	4
20. I have believed that awareness of my Higher Power is essential to my sobriety.	1	2	3	4
21. I have discussed with another person how best to make amends.	1	2	3	4
22. I have watched for selfishness, dishonesty, resentment and fear, and when these appeared, I have asked my Higher Power to remove them.	1	2	3	4
23. I knew I must have faith in order to keep my sobriety.	1	2	3	4
24. I have shared my experiences, strength, and hope with others.	1	2	3	4

Scoring Guidelines: GAATOR 2.1

Steps	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
		___1						___2				
	___4		___5	___3		___6			___7			
___8										___9		
					___10			___11				
					___12							
___13					___14			___15		___16		
	___17											
			___18								___19	
		___20						___21			___22	
	___23											___24
	___	___	___	___	___	___	___	___	___	___	___	___
	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII

Add all 12 Steps to calculate TOTAL SCORE: _____