

Al-Anon Tools of Recovery (Ala-GAATOR)

Agency Name: _____

Site Name: _____

ID #: _____

Date: ____ / ____ / ____

1. Number of Al-Anon meetings attended during the past 90 days: _____

2. Number of other Twelve-Step meetings attended during the past 90 days: _____

Mark the level to which the patient agrees with each of the following statements.
Each statement is meant to apply to the past 90 days.

	Definitely False	False	True	Definitely True
3. I have turned my will and my life over to my Higher Power	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
4. I have made direct amends to those whom I had harmed.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
5. I have shared my personal inventory with another person.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
6. I have believed that my recovery could only come from a power greater than myself.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
7. I have made a list of my resentments.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
8. I have recognized that the amount of serenity I have is a direct result of the amount of humility which I have.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
9. I have taken a daily inventory of my behavior.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
10. I have accepted that it is useless to try to control the compulsions of others.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
11. I have told others about my spiritual experience.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
12. I have been ready to let my Higher Power remove my shortcomings.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
13. I have made indirect amends to those whom I had harmed, when direct amends were not possible.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
14. I have found character defects which I am willing to give up.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
15. I have realized that no matter what I do, things get worse when I try to control others.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
16. I have shared my personal inventory with someone I trust.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
17. I have asked my Higher Power to remove my defects of character.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
18. I have made a list of people whom I had harmed.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

	Definitely False	False	True	Definitely True
19. I have tried to practice the Twelve Steps in all my affairs.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
20. Writing down all my shortcomings has helped my sobriety.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
21. I have prayed and meditated.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
22. I have believed that awareness of my Higher Power is essential to my sobriety.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
23. I have discussed with another person how best to make amends.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
24. I have watched for selfishness, dishonesty, resentment and fear, and when these appeared, I have asked my Higher Power to remove them.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
25. I knew I must have faith in order to keep my sanity.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
26. I have shared my experiences, strength, and hope with others.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

Reference: Walker, D. D., Miller, W. R., & Tonigan, J. S. (2000). The AI-Anon General Alcoholics Anonymous Tools of Recovery (Ala-GAATOR) questionnaire: measurement of 12-step beliefs and practices of concerned significant others. *Alcoholism: Clinical and Experimental Research*, 24(5, Supplement), 148A. (Poster prepared for the annual Research Society on Alcoholism conference, Denver CO, June 2000)