

**Present with Self**

1. In a difficult or conflicted transaction I make a realistic assessment of my contribution to the situation.
2. When conversing with someone I stay on topic and stay interested.
3. I accept myself without reproach or excuses.
4. I get my needs met assertively, without whining, deceiving or manipulating others.
5. I appreciate nice things, but did not feel like I had to have them. I determine if I truly need to buy something or is it desire and want.
6. I relate to people as equals no matter their status in life.
7. I did not seek out drugs, alcohol or events that produce enormous excitement. I am content to participate in activities that do not produce a "rush."
8. I tolerate uncomfortable feelings without abusing a substance.
9. I am honest and straight forward in my personal and business transactions with others.
10. I do not have to have people know that I am right. I choose to be in the relationship more than having to be right.

**Present with Others**

1. I reach out for support and help rather than try to figure out solution by myself.
2. I choose to solve disagreements with people rather than hide and avoid them.
3. I participate in a least one activity involving other people.
4. I am socially active with thoughtful, kind and positive people.
5. I have regular contact with supportive, clean and sober reciprocal friends and acquaintances.
6. I work at maintaining my friendships, through phone, visits, and once in a while, an e-mail.
7. During an important interaction with someone I choose to stay in a conversation that is uncomfortable, choosing to leave when I finish what I need to say.
8. I have a good balance between alone-time and time with others.
9. I am a positive contributor to my neighborhood and community, even in a small way.
10. I am available to help others.