

## OA Group Inventory

Use an entire meeting for an honest and fearless discussion of the group's weaknesses and strengths.

a) Determine your view of the group

- (1) Does our meeting concentrate sufficiently on OA's primary purpose?
- (2) Do we encourage everyone to take part in discussions?
- (3) Are we forming into cliques and being indifferent to other members?
- (4) Do we welcome newcomers and give them individual attention?
- (5) Do we try to make the Fellowship known to people outside who need help?
- (6) Do we welcome back members who are returning to the Fellowship?

b) Determine your part in the group

- (1) Do I make a point to welcome new members, talk with them, offer my phone number? Do I sponsor new members?
- (2) Do I interrupt speakers or other members who are sharing?
- (3) Do I give my full attention to the speakers, the secretary and other group members?
- (4) Do I ever repeat anything personal I have heard at meetings or from another member?
- (5) Do I put pressure on the group to accept my ideas because I have been in the Fellowship a long time?
- (6) Do I take part in meetings, or do I sit and listen?
- (7) Do I volunteer or willingly accept a group office (i.e., secretary, treasurer)? Do I offer to help set up, clean, etc.?
- (8) Do I criticize others in the group or gossip about them?
- (9) Do I try to give advice?
- (10) Is it difficult for me to realize that my point of view may not always be the group conscience? Can I accept disagreement?
- (11) Do I use the telephone to help myself and others, not just for complaints and gossip?
- (12) Do I make it a point to speak with newcomers who are having a difficult time in the program? Do I let them know they are welcome?
- (13) Do I monopolize the conversation and explain every tool, Tradition, etc.?
- (14) Do I feel no one can lead a meeting as well as I?
- (15) Do I go to meetings to learn instead of teach?
- (16) Do I cross-talk and cause meetings to go off on tangents?
- (17) Do I wait until announcement time to make proper OA announcements?
- (18) Do I have a topic so everyone can participate at meetings I chair?
- (19) Do I try to cause dissension?

- (20) Do I follow the meeting format completely?
- (21) Do I commit myself to the OA program?
- (22) Do I have a sponsor and work the Steps?
- (23) Do I give service promote group growth and benefit my own growth as well?
- (24) Am I only interested in my own welfare, or am I concerned for my fellow OAers as well?

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