

# UA QUESTIONS



**Read step one out of the AA 12 and 12 then answer the questions.**

1. What symptoms of underearning have you experienced or are you currently experiencing? (Hint: look at the symptoms list)
2. How have you tried to control or overcome underearning on your own efforts?
3. In what ways has your under earning defeated you...what did you do in response to this feeling of defeat? (Hint: Quit jobs, use credit cards, fight with co-workers)
4. How is underearning making your life unmanageable (Having no money, job or clients, debting, eviction)
5. How have you tried to make under earning work? (Hint: working 3 jobs, working overtime, cheating on the job)
6. What do you consider to be an underearning job or client?
7. How did you react to other people's prosperity around you and why? (Hint: Undercut them, criticize them, gossip about them, conspire against them, etc)
8. In what instances have you had a bad attitude about being an employee or a subordinate? How did you express this bad attitude?
9. In what instances have you slacked off on the job, disappointing supervisors, co-workers, family members or spouses?
10. How have you tried to top or outshine your co-workers in order to get a raise or promotion as a solution to your under earning?
11. In what instances did you manipulate others to do your work for you because you felt the work was beneath you.

**Read step two out of the AA 12 and 12 then answer the questions.**

1. In what way do you unconsciously arrange things so that you are not earning at your true potential? Write out two examples. (Example, arguing with and pushing away

clients, not following up on client leads or opportunities that could be lucrative, accepting clients who can't afford my fee, procrastinating about work that can bring in money)

2. What do you think and feel, when you admit that you cannot stop underearning alone and that you need a higher power's help to earn?

3. In what ways are you still trying to control, stop, or "figure out"/analyze your underearning or how to earn more?

4. In what ways are you trying to "get" money on your own without the spiritual hierarchy's (GOD's) help?

5. In what ways are you still defying that the spiritual hierarchy can help you earn abundantly?

6. Do you recall occasions when you turned away the spiritual hierarchies abundance and prosperity? Please write out two examples.

7. Do you recall when the spiritual hierarchy sent people to help you? What was your reaction to these people that the spiritual hierarchy sent to help you? Did you turn them away? abuse them? ignore them? ridicule them? question them? challenge them? argue with them? offend them? refuse to work for them? Write out at least 2 concrete examples.

8. What about your powerlessness over underearning can you NOT accept? (example: I cannot accept that I have to pray and meditate every day or I cannot accept that I have to call 3 ua people a day. I cannot believe that if I continue underearning I will hit a financial bottom. I cannot accept that God is the source of my prosperity. I cannot accept that I must attend 3 UA meetings a week to maintain my prosperity, I cannot accept that UA is the best solution to my UE) Please explain/elaborate on at least two.

9. What have your best efforts to overcome underearning given you?

10. What comes up for you in thoughts and feelings when you realize that the spiritual hierarchy is the source of all your jobs/earning/money/opportunity and not anything that you do?

11. What actions can you take to increase your level of surrender to the spiritual hierarchy (GOD) and the UA program?

12. How would you think, feel and act if higher power were the only entity you had to please?

13. How would you think, feel and act if higher power were your only client/employer?

14. If God were your client or business partner, how would you treat him or her? How is that different from the way you currently treat clients and potential clients?

**Read step three out of the AA 12 and 12 then answer the questions.**

1, What does admitting that I am an underearner mean for the remaining years of my life?

2. How is underearning affecting my life overall?

3. What does turning my earning over to the care, protection, and guidance of my higher power mean to me? what does that look like?

4. What does depending on God means to me around my earnings?

5. How have I played God around my earnings or employment ? What were the results of me playing God?

6. If I knew that Higher power was truly in charge of my earning and that everything happening now around my earning would work out according to Higher Power's earning plan for me, how would I feel and act? How does that differ from how I feel and act currently?

7. What underearning job, class, profession, plan or underearning situation might i be clinging to desperately?

8. What am I most afraid to surrender about earning?

**Read step four out of the AA 12 and 12 then answer the questions.**

1. How are you still playing God around your earnings in either thought or behavior?
2. How have you justified your underearning?
3. What conditions drove you to underearn?
4. How have you insisted on underearning or pushed prosperity away?
5. What perceived or real excuses have you used not to earn more money?
6. How has your underearning affected your standing in your profession?
7. Where do you think you should be in your profession but have not been able to attain because of underearning?
8. In what ways am I still refusing to honor HP on my job or in my business and in other areas of my life?
9. Who do I blame for my underearning?
10. What am I holding back on? Did I turn over everything so I can move on to the rest of the steps?
11. What can you do differently now that you completed a fourth step to move on from the past?
12. Why is it important to move on from the past? And are you ready?

**Read step five out of the AA 12 and 12.**

**Step five is turning your step work over to your sponsor, and your sponsor will help you pick out some of your character defects.**

**Step 5 questions**

- 1. Do you feel safe sharing your 4th step with the person you have chosen to hear it? (Most likely your sponsor). If not, why?**
- 2. What are the 1 or 2 things you were too afraid or embarrassed to put on your 4th step? If there are a few items you are holding onto can you share them with your sponsor? If not, are you willing to pray for the willingness to be willing to share these items with your sponsor?**
- 3. What are the character defects you and your sponsor picked out while working step 5?**
- 4. Working step 5 people often think that their troubled past is so unique, but keep in mind that everyone in the program has a past and a story no. You're not the only one with skeletons in the closet. How dose it feel to release the bats from the bell tower?**

**Read step six out of the AA 12 and 12 then answer the questions.**

1. Make a list of all your character defects.
2. What defects are you willing to write down?
3. What defects are you finding hard to write down? And why?
4. If willingness is the key to unlock the door, how willing are you to recover?
5. Are you afraid to lose your identity? Because some people have the illusion that these are mortar in your character building rather than accumulated defects.
6. Make the list and keep an open mind, because God is going to set-up these defects as attributes in you.

**Read step seven out of the AA 12 and 12 then answer the questions.**

1. How does acceptance help me stay prosperous?
2. What do I need to accept that will enhance my ua recovery?
- 3 How can I develop more acceptance, which will lead to more prosperity?
4. What useful purpose do I need to accept?
5. What do I need to accept in my ua recovery right now?
6. What have I achieved a victory that belongs to HP?
- 7.How does acceptance enhance my ua recovery? In what way have I tried to shape my own destiny by my own intelligence and labor but failed?
- 8.Why do I need a higher power to remove my underearning thinking and behaving?
- 9.What will happen if HP does not remove my underearning thinking and behaving?
- 10.Who will i be if HP DOES remove my underearning defects?



**Read step eight out of the AA 12 and 12 then answer the questions.**

As you approach the 8th Step of UA it is important for you to take a moment to recognize just how far you have come since your very first UA meeting. Completing seven UA steps is an impressive accomplishment. Take comfort in knowing that the first seven steps of the program have prepared you for this step. If you find yourself struggling with Step 8, remember that you have the help and support of your sponsor and the UA fellowship.

1. To look back on our lives and see where we have caused problems for ourselves and others. Are you willing to forgive yourself first? If not, why?
2. To make a vigorous attempt to repair the damage we have done. What are you willing to do? And what are you not willing to do?
3. To live differently in the future, what part of the past you have to clear away?

Just make the list and move-on to step 9.

**Read step nine out of the AA 12 and 12 then answer the questions.**

1. List the type of amends. (Reconciliation, emotional, financial or other, to be made to others or self.
2. What part of your amends process scare you the most? And why?
3. How crucial is it to put yourself on the amends list? Are you worthy of making amends to yourself?
4. Do you owe Your higher power an amends?
5. Direct or indirect amends. If there could be harm to others, or the person is not available for direct amends, an indirect amends is made. What method are you going to incorporate to complete the amends process?
6. Step 9 is going to take some time, it is important to keep moving forward in your steps. And trust that God will put the people, places and things in front of you to make amends.

To make financial amends to someone you have to have the amount to make restitution, make a list of people and the amount next to each name, and God will bring them to you. Now move onto step 10 because this is now in the process.

**Read step ten out of the AA 12 and 12 then answer the questions.**

1. The tenth step is usually done at night, and or when your not sure if you need to make amends to others and to yourself. How do you feel about admitting your wrong and making amends?
2. By doing the daily inventory your house stays in order. Make a list of benefits a tenth step can do for you?.
3. How does the egotistic underearner's destructive, negative reactions, change the outcome? But if we do not engage in negativity what can happen or not happen?
4. The concept of when it doubt leave it out, is very crucial to the underearner, because the tenth step inspires us to be aware of our actions and thought process. How can you stop before it's too late?
5. The best way to work a ten step is not to: lie, hide things from your sponsor and fellows, hurt someone, neglect yourself, etc. By avoiding and not engaging with life's daily drama recovery becomes easier. What can you do to avoid these obstacles?
6. The 10th step is an investigative tool, not to punish or make you feel bad about yourself, just to help the underearner live in the present, the here and now. How can this concept help you?
7. Now that you have the knowledge of what a tenth step can do for your recovery, what actions can you take to incorporate the 10th step in your program?

**Read step eleven out of the AA 12 and 12 then answer the questions.**

1. Step 11 helps to create a solid foundation for a peaceful and fulfilled life and to develop a more positive way of thinking. How important is it to build a spiritual foundation to your program? And what does that look like?
2. We bring our 11th step to-do list to clock-in with God during the morning ritual, how do you feel about being subservient to God's daily guidance and will?
3. What is the 11th step philosophy...and are you ready to practice it fully?
4. This step is about opening your mind. You decide how you feel most comfortable achieving this. What's important is that you clear yourself of unwanted defects. What defects keeps coming back that challenges you from your 11th step practice?
5. Write on: care, compassion, love and empathy in accordance with the 11th step.

**Read step twelve out of the AA 12 and 12 then answer the questions.**

1. What pain and sorrow did you suffer from underearning? Is it important to remember?
2. How has your personality changed as a result of practicing the steps and tools of UA?
3. What prosperity are you currently enjoying as a result of my step work in UA?
4. In what ways, are you still underearning? For instance in thoughts, environment and actions Etc.
5. Do you believe God's will for me is prosperous? If not why?
6. Do you believe that God took you out of the gutter and pits of poverty? And all that is asked of us is to maintain a relationship with: God, the program and the fellows.
7. Spreading the word to fellow sufferer's is often overwhelming and a task. Are you ready?