Service to Others in Sobriety (SOS)

Please rate the following items on a scale from 1 to 5: 1 = never, 2 = rarely, 3 = sometimes, 4 = often, and 5 = always

If the item does not apply to you, please give a response of 1 (never) to the question.

How often in the past month…

1. Took calls or spent time with a sponsee? ________
2. Guided an alcoholic/addict through the 12-Steps? ________
3. Held a service position in a 12-Step program? ________
4. Say something positive to an alcoholic/addict? ________
5. Listened to an alcoholic/addict? ________
6. Say hello to a newcomer? ________
7. Reached out to an alcoholic/addict having a hard time? ________
8. Shared personal story with an alcoholic/addict? ________
9. Read program literature to an alcoholic/addict? ________
10. Encourage an alcoholic/addict to go to a meeting? ________
11. Donated money to AA/NA? ________
12. Put away chairs after a meeting? ________

13. Overall in the past month, how much did helping other alcoholics help you to not drink or use drugs?
    ________ not at all         ________ a little    ________ some        ________ a lot

