

## 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...

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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? \_\_\_\_\_
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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

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Tonigan, J. S., Connors, G. J., Miller, W.R. (2003). Participation and involvement in Alcoholics Anonymous. In T. F. Babor & F. K. Del Boca (Eds.), *Treatment Matching in Alcoholism* (pp. 184-204). Cambridge, United Kingdom: Cambridge University Press.