

# 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 OA members as well?