



“We saw that we were learning how to accept progress, rather than perfection! If we could not always be proud of the results of our efforts to change, at least we had earned the right to respect ourselves for the efforts themselves.” – SLAA Basic Text, Page 89

During our journey, it is helpful to gauge how far we have travelled and how we are doing at any moment. Above all, we need to be able to recognize and acknowledge our progress, especially when we are making the crucial adjustments to return to the path of sanity after losing our way.

The steps of our journey can seem slow and incremental. Many times we dwell on the stretches of our path where we stumbled and often do not see the steps forward that we are making. We can easily become discouraged when we have difficulty seeing our progress. **We have to realize that progress can be, after all, a learning process of trial and error. We understand that our realistic goal is progress rather than perfection.**

...we provide measures that help us realize, despite our setbacks at times, **how the program has brought a new quality of recovery to our lives.** It offers a number of ways for us to view our progress over time in distinct and measurable ways. **This is not a complete list and we encourage you to consider and add your own measures of progress.** Remember that the signs of progress will be different for each of us, so please do not interpret these benchmarks as requirements for a perfect program.

Qualitative Measures

Qualitative measures describe the general improvement in the quality of our lives in recovery.

- **Affirming How We Positively Handle Life** — how we are constructively creating a more sober, serene life.
- **Affirming How We Address Related Addictions** — personal progress with other addictions and compulsions.
- **Affirming Our Ability to Clean Up Character Defects** — personal progress in improving our characters.
- **Affirming Our Ability to Clean Up the Past** — personal progress in healing from past wounds and striving to correct harm done to others.
- **Affirming Signs of Growing Self-Esteem** — addressing inappropriate shame and guilt.
- **Affirming Our Spirituality** — relying upon a Power greater than ourselves.
- **Affirming Our Improved Relationships** — relating appropriately to others and our community.
- **Affirming Our Emotional Stability** — growing in emotional maturity.

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