

Monty's Ten Questions For the Holiday Season

When dealing with difficult people here are ten questions I ask myself before I respond to what may seem to be harsh, judgmental or unkind behavior coming from the other person or persons.

1. Am I patient?
2. Am I kind in word and deed?
3. Do I envy what others have?
4. Am I prideful?
5. Do I dishonor others by gossiping?
6. Am I self-seeking?
7. Am I easily angered?
8. Do I keep a record of wrongs done to me?
9. Do I delight in evil and immoral deeds?
10. Do I want to be in control of the situation?

These questions are inspired by 1 Corinthians 13:4-8 of the Bible and are a part of my daily inventory.

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres. ⁸ Love never fails.

Also included in my daily inventory in the following paragraph found in the Big Book of Alcoholics Anonymous on page 66 and 67 of the Third Edition.

This was our course: We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

Remember, we are powerless over other people choices including their behavior. We can only keep our side of the street clean.