

## HOW DO I FEEL ABOUT THIS EXPERIENCE?

Never      Some-  
times      Often      Always

1. Every group member reports on his or her commitments.

2. Our group starts and ends on time.

3. I feel a bond with my group members.

4. I feel the Spirit at our group meetings.

5. Everyone in the group participates equally.

6. I feel that I'm making progress toward self-reliance.

7. I feel loved by my group members.