

STEP TEN

Continued to take personal inventory and when we were wrong promptly admitted it.

Principle	Theme	Action	Defect	Result
Perseverance	Live honestly	Detection, Responsibility	All of them!	Peace, Self-esteem

PRAYER

- God, show me the way of patience, tolerance, kindness, and love. Help me to watch for selfishness, dishonesty, resentment, and fear; I ask at once to remove them.

- Ask God, "How can I best serve Thee- Thy will (not mine) be done" {BB, p. 85}

REWARD - A CLEAN PATTERN of LIFE instead of purposeless existence.

NOTES

- a) STEP SIMPLIFIED: *Accept that I'm human and will screw up ... Fix it immediately.*
- b) Pre-AA STEP: *I continued to find fault with the world and the people in it and swore I was always right.*
- c) HOW TO WORK THE STEP: **BB page 84**, para. 2. lines 1-14 and **page 86**, para. 1 lines 1-14
- d) Step 10: "CONTINUE our GROWTH"
- e) First "Maintenance" step
- f) Steps 4/5 settle with the past; 10 is for today's challenges; **continuous** practicing of 4-9 on daily basis
 - Spot-check – for things cropping up today (not old difficulties); promptly admit wrongs when admission helpful; personal course correction detection (e.g. like on airplanes)
 - Nightly balance sheet – assets and debits (motives; how could I behave better; pray for help)
 - Comprehensive house-cleaning since last one (sponsor, [semi] annual, retreat)
- g) Advanced stage of the spiritual life – living in the present moment
- h) **Spiritual axiom:** *Every time we are disturbed, no matter what the cause, there is something wrong with us*
- i) Remove the blocks from God, and the spirit will grow
- j) Growth comes from working constantly & consistently...rather than in frenetic spurts

REFERENCES: - BB - Chapter 6 - Into Action p. 84-86

PROMISES:

- *And we have ceased fighting anything or anyone -even alcohol. {BB, p. 84}*
- *For by this time sanity will have returned. {BB, p. 84}*
- *We will seldom be interested in liquor. {BB, p. 84}*
- *If tempted, we recoil from it as from a hot flame. {BB, p. 84}*
- *We react sanely and normally, and we will find that this has happened automatically. {BB, p. 84-85}*
- *We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. {BB, p. 85}*
- *We are not fighting it, neither are we avoiding temptation. {BB, p. 85}*
- *We have not even sworn off. Instead, the problem has been removed. It does not exist for us. {BB, p. 85}*
- *We are neither cocky nor are we afraid. {BB, p. 85}*
- *What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. {BB, p. 85}*

Step 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

- a) *A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are a necessity.* {12 & 12, p. 88}
- b) *Someone who knew what he was talking about once remarked that pain was the touchstone of all spiritual progress. How heartily we AAs can agree with him . . .* {12 & 12, p. 93-94}
- c) *I love spending time in my garden feeding and pruning my beautiful flowers. One day, as I was busily snipping away, a neighbor stopped by. She commented, "Oh, your plants are so beautiful, it seems a shame to cut them back". I replied, "I know how you feel, but the excess must be removed so they can grow stronger and healthier." Later I thought that perhaps my plants feel pain, but God and I know it's part of the plan and I've seen the results. I was quickly reminded of my precious AA program and how we all grow through pain. I ask God to prune me when it's time, so I can grow.* {Daily Reflections, p.286}
- d) *In AA we find a terrible reluctance to believe that we are still human after we have cleansed our souls with the Fifth Step! We now find it is more embarrassing to be in the wrong than it was before. It hurts a little bit more now to know that we are making mistakes still, and need suggestions, corrections, and sometimes even reprimands. We are terribly reluctant to believe that problems of any kind should occur after we have entered the garden of sobriety. AA knows that we are what we are, that we are subject to human error, that we are subject to all the ills of other mortals. . . . We cannot now afford to begin dangerous things that would grow to be explosive if not nipped in the bud.* {Father Joe Martin, ASHLEY}
- e) *The spiritual axiom referred to in the Tenth Step - "every time we are disturbed, no matter what the cause, there is something wrong with us"- also tells me that there are no exceptions to it. No matter how unreasonable others may seem; I am responsible for not reacting negatively. . . I will always have the prerogative, & the responsibility, of choosing what happens within me. . . When I take my daily inventory I know that I must stop judging others. If I judge others, I am probably judging myself. Whoever is upsetting me most is my best teacher.* {Daily Reflections, p.289}
- f) *Our first objective will be the development of self-restraint. . . When we speak or act hastily or rashly, the ability to be fair-minded and tolerant evaporates on the spot.* {12 & 12 , p.91}
- g) *Learning daily to spot, admit, and correct these flaws is the essence of character-building & good living.* {12 & 12 , p.95}
- h) *...we are given strength for one day – and when we overload that day it causes us problems. . . Step 10 guides us in efficient use of our daily strength* {Steps We Took, p. 131}
- i) *We continued to take personal inventory every night: did you harm anyone, have you done something wrong? Do you deserve a gold star or a black mark? You ask forgiveness honestly, and all is forgiven by the Lord -- clean slate. When you are wrong, promptly admit it. When you don't, use the inventory at night to do so. Deal with your life by the four absolutes: ABSOLUTE LOVE, ABSOLUTE HONESTY, ABSOLUTE UNSELFISHNESS, and ABSOLUTE PURITY. Did you act out of Love? Were you honest? Were you unselfish? Were your motives pure? All things must be based on these four things...* {Clarence Snyder 1944 - A.A. Sponsorship Pamphlet}

BB

1. Not an overnight matter; continues for a lifetime
2. Process of working the step:
 - *Continue to watch for selfishness, dishonesty, resentment and fear*
 - Ask God at once to remove them;
 - Discuss them with someone immediately
 - Make amends quickly if needed
 - Go find someone to help
3. More promises
 - Sanity will have returned;
 - Gift: seldom interested in liquor, automatically recoiling without effort
 - Not fighting or avoiding temptation; the problem has been removed & no longer exists
4. Proper use of self-will: *How can I best serve Thee – Thy will (not mine) be done.*

12x12

1. *A continuous look at our assets & liabilities, & a real desire to learn & grow by this means, are a necessity (88)*
2. No one can grow until self-exam, admission, acceptance and correction (& forgiveness) becomes habit.
3. Need to eliminate “emotional hangers” from anger, jealousy, fear, etc.
4. Steps 4/5 settle with the past; #10 is for challenges as they come
5. **Spot-check** – for things cropping up today (not old difficulties) [NOTE: takes time]:
 - a) self-restraint (top priority)
 - in anger: “restraint of pen & tongue” (& **email**); avoid sulking & silent scorn
 - in pride: Avoid “Big-Shot-ism”: check selves by we are ”far more his success than ours”
 - b) Tolerance & forgiveness: everyone ill/wrong; pointless to flame over people who are growing up
 - Love; we cannot hate; stop unreasonable demands; show kindness; understand & help those we dislike
 - c) Promptly admit failings when admission helpful
 - “Not my will but thine be done”; GOLDEN RULE (see White Book #8)
6. **Nightly balance sheet** – assets and debits (examine motives; learn how could have behaved better; pray for help to apply lesson in future; watch for rationalizing to hide bad motives)
7. **Comprehensive house-cleaning** since last one (sponsor, [semi] annual, retreat)
8. Time-consuming joy-killer? No, worth improvements to rest of time
9. **Spiritual axiom**: “*Every time we are disturbed, no matter what the cause, there is something wrong with us*” (90)
 - “Justifiable” anger? – can’t handle it, can’t differentiate from un-justified
 - Anger, jealousy, envy, pride – all they do is give us these hangers
10. *Learning daily to spot, admit, and correct these flaws is the essence of character-building & good living.* (95)
11. Permanent assets we seek: regret for harms done; gratitude for blessings received; willingness to try for better

The Steps We Took

1. All Growth comes from the Action steps (4/5/9); Step 10 is **continuous** practicing of 4=>9 on daily basis
2. BB: provides design for living; 3 dimensions of Life; **Spirit => Mental => Physical** (emanates from inside out)
 - When we “finish” 9, we get the promises...we have recovered.
 - Steps correct what is wrong with our living, and then the Promises come when 3 dimensions are in order
 - Steps are tools for learning to live ... people need direction like this
 - All we have to do is remove the blocks from God, and the spirit will grow
 - It’s as if by working 4=>9 we’ve grown up; now whatever happens is our responsibility; no longer victims
3. Step 10 process:
 - when we “feel something”, look at what part of self is threatened; this usually reveals defect
 - if we see it’s our fault, we have chance to be free
 - with practice it gets easier ... develop habit of working Steps 4 through 9 on daily basis
 - work step 10 throughout day, not just at night
 - detect and work on it ASAP so that it doesn’t build up ... like a drain getting clogged
 - Growth comes from working constantly & consistently...rather than in frenetic spurts
4. *...we are given strength for one day – and when we overload that day it causes us problems. ... Step 10 guides us in efficient use of our daily strength.*

Divine Therapy and Addiction

1. Advanced stage of the spiritual life – living in the present moment
 - Notice some influence from self, negative or positive; acknowledge and let it go
 - When you are on course (your will united to God), just peace; otherwise unrest
 - Example: early airplanes – beeps when getting off course, otherwise silence
 - Use aspirations to let it go (announce intent to let God take back over)
2. Retreats encourage habit of responding to God's nudges – **gift of counsel** (one of seven-fold gifts of the holy spirit); aka hunches & inspiration
3. **Energy of anger** (good, needed for motivation) versus **passion of anger** (bad, emotion, lingers)
4. **Fear** (reverence & wonder, attracting) versus **emotion of fear** (opposite of love, repellent)
5. **Repressed emotions** – released through meditation/contemplation

Language of the Heart

See pg 239, and pg 196 (Ebbie)