

**Step 10:** “We continued to take personal inventory and when we were wrong promptly admitted it. ”

**Set aside prayer:** “God, please enable me to set aside everything I think I know for an open mind and a new experience. Help me become willing to continue to take personal inventory and when I am wrong promptly admit it.”

<b>Principle</b>	<b>Theme</b>	<b>Action</b>	<b>Defect</b>	<b>Result</b>
Perseverance	Live honestly	Detection, responsibility	Selfishness, self-centeredness	Peace, self-esteem

<b>Watch For</b>	<b>Action</b>	<b>Result</b>	<b>Outcome</b>
Resentment Fear Dishonesty Selfishness	Pray Discuss Amend Do Service	Forgiveness Trust Honesty Love	Emotional Sobriety

<b>Morning</b>	<b>Daily</b>	<b>Evening</b>
Think Consider Listen	Pause: If agitated or doubtful: We ask God for the right thought or action. We constantly remind ourselves we are no longer running the show. We say to ourselves many times each day "Thy will be done."	Inventory

**Big Book:** pp 58-60; pp 84-85.

**12 & 12:** Step 10

**Homework: Step Ten**

1. Read and highlight pages 84 and 85 from the Big Book.
2. Read and highlight Step 10 from the Twelve Steps and Twelve Traditions.

**Step Ten and Step Eleven**

1. Write out an outline of the process for Step 10 as described in the Big Book.
2. Read and highlight in the Big Book from the bottom of page 85 and all of pages 86 to 88.
3. Look up in a dictionary, the words: 'prayer', 'meditation' and 'contemplation'.
4. Read and highlight Step Eleven in the Twelve Steps and Twelve Traditions.

**Prayers for Step 10**

"God, have me watch for selfishness, dishonesty, resentment and fear. When these crop up in me, have me immediately ask you to remove them from me and have me discuss them with someone. God, help me quickly to make amends if I have harmed anyone and have me resolutely turn my thoughts to someone I can help. Have me be loving and tolerant of everyone today. Amen."

"God, have me carry the vision of Your will into all my activities. How can I best serve You? Your will be done! Have these thoughts go with me constantly. Have me exercise my will power along this line. God, the Source of all knowledge and power, grant me strength, inspiration, and direction. May Your Spirit flow into me. Amen."

**Principles:** Self-discipline, honesty, integrity, self-restraint, authenticity, forgiveness.

**Promises:**

*"And we have ceased fighting anything or anyone – even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. 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. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality – safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition."*

**Process:**

<b>Spot Check</b>	<b>Daily Review</b>	<b>Periodic Review</b>	<b>Annual Spring Cleaning</b>
<p>In the moment</p> <p>Requires: self-restraint, honest analysis of what is involved, a willingness to admit when the fault is ours, and an equal willingness to forgive when the fault is elsewhere.</p>	<p>Constructively review our day.</p> <p>Construct examination of our motives in each thought or act. We recognize that we did act or think badly. We try to visualize how we might have done better, and we resolve with God’s help to carry these lessons over into tomorrow, and make any amends still neglected.</p>	<p>Similar to 4<sup>th</sup> step.</p> <p>We sweep away the wreckage of the <u>immediate</u> past.</p>	<p>Similar to 4<sup>th</sup> step</p>

<b>Morning: Step 11</b>	<b>Daily: Spot check Inventory</b>	<b>Evening: Inventory</b>
<p><b>Think</b> We ask God especially that our thinking be divorced from self-pity, dishonesty or self-seeking motives.</p> <p><b>Consider</b> We consider our plans for the day. If we have none, we ask God to show us how to be useful and draw up plans. We consider how the corrective measures from the night before can be applied.</p> <p><b>Listen:</b> We ask God to direct our thinking. We ask that God show us the way of patience, tolerance, kindness, and love (83:2). We ask God to show us how we can help anyone who is suffering from alcoholism (164:2).</p>	<p><b>Pause:</b> If agitated or doubtful: We ask God for the right thought or action. We constantly remind ourselves we are no longer running the show. We say to ourselves many times each day "Thy will be done." Do I watch for selfishness, dishonesty, resentment and fear as I go through the day? Do I ask God to remove these at once, because I am now watching and I am starting to be awake? Do I turn that force of my self-willfulness toward good for others? "Am I doing to others as I would have them do to me—today, in this moment"?</p>	<p>What did I do today that worked and did not work to give me and others serenity and peace of mind? Can I determine my responsibility and do what is necessary to set things straight, and let go of the outcome? Have I been resentful, selfish, dishonest, or afraid today? Today, have I allowed myself to become too hungry, angry, lonely or tired? Have I kept something to myself that I should have discussed with my sponsor? Was there fear in my life today? Have I harmed others, directly or indirectly, today? How? Do I owe any apologies or amends? Where was I wrong? Was I out of bounds? Did I make mistakes or miss the mark? If I could do it over again, what would I do differently? How might I do better next time?</p>

<b>Basic Evening Review</b> [Big Book, page 86, line 3]
<p>When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflections, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.</p>

**Practice:** Applied diligently, this will change your life.

<b>Practice:</b>	'Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. ... Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.' (Alcoholics Anonymous, 84:2)
<b>Think about where I am now and what I am doing now.</b>	Make a plan for my day. Then, at any particular point during the day, there will be something I am supposed to be doing and some activity I am supposed to be concentrating on.
<b>Think about God: This is a personal spiritual practice based on individual beliefs.</b>	For example: take some spiritual reading and select a passage that appeals to you and concentrate on that. This might involve repetition of a prayer, concentrating on an idea about God or a spiritual principle and how it applies to our situation, or simple recitation, to block out the negative thinking and replace it with something better.

<b>How to overcome resentment: (64–67)</b>	<p>Do I want to be free of this anger, resentment, etc.?</p> <p>Do I want to continue being dominated by the actions of others or my own failings?</p> <p>I realize that the person who I think has harmed me is spiritually sick—driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity—just like me. The harm—real or fancied—is not personal. It is an expression of their self-centeredness, just like my harm to others.</p> <p>I ask God to help me see things from their point of view (the 'entirely different angle') and to show them tolerance, pity, and patience.</p> <p>I pray this prayer: "This is/may be a sick man. How can I be helpful to him? God save me from being angry. Thy will be done." Note that I am the one who needs saving, not him.</p> <p>I avoid retaliation or argument (including mentally).</p> <p>I ask God to show me how to take a kindly and tolerant view of the person.</p> <p>When thoughts of the resentment reoccur, I bless the delinquent briefly and get on with my day.</p>
<b>How to overcome fear: (68)</b>	<p>I realize I am scared because I think I will not gain something, or I will lose something I need to be happy or satisfied. Self-reliance has failed me.</p> <p>I realize that God can provide whatever I need, if I stay close to Him and perform His work well.</p> <p>I make the decision to trust infinite God rather than my finite self.</p> <p>I make the decision to let Him demonstrate through me what He can do.</p> <p>I ask Him to remove my fear and direct my attention to what He would have me be, both in relation to the situation in which the fear is arising, and right here, right now, in the situation I am actually in.</p> <p>Examples of what He would have me be (pages 77–83 and elsewhere): Patient, tolerant, kind, loving, understanding, sensible, tactful, helpful, forgiving, calm, frank, open, considerate, humble, quiet, sane, etc.</p>

<b>How to overcome guilt and shame (28, 76–83)</b>	<p>Make amends now for recent harms.</p> <p>I find the person I need to make amends to and ask for a little time to talk.</p> <p>I list the wrongs.</p> <p>I express regret. I say I was wrong.</p> <p>I ask if there is anything else I have done wrong.</p> <p>I ask what I can do to make things right.</p> <p>I do it.</p>
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**Written Inventory:**

**Definition:** Write down your definition of each word in the step. Then look up each word individually in the dictionary and write down what you learn about the difference between what you thought it meant and the dictionary says it means.

**Continued to take personal inventory:**

How often should we take a personal inventory?

What are the three different types of inventory?

What is the purpose of continuing to take personal inventory?

What will we achieve when we discipline ourselves to spot, admit and correct our acquired defects of character on a daily basis?

Do I have a system or a format to review my thoughts, feelings and behaviors on a daily basis?  
Has that been helpful for my recovery?

**How to make Step 10 a habit:**

Keep a diary of an accurate self-appraisal and each day.

- List the amends that have been made or are to be made.
- List the defects involved.
- Examine my motives in each thought or act.
- Ask God to remove these defects.
- Turn my thoughts to doing service.

What is the connection between behavior, thoughts, feelings, actions and character defects?

How does identifying my wrongs change my behavior?

How does identifying and correcting my wrongs transform my character defects into assets?

Which defects can be obstacles to Step 10?

What does this mean "when you were wrong, promptly admit it"?

Is the process of taking an inventory as important as admitting when we are wrong? Discuss.

If I am in the habit of admitting my wrongs, over time, do I find it easier or harder to identify and admit my wrongs?

**Spiritual Principles:** self-discipline, honesty and integrity, willingness, compassion and forgiveness.

What is my understanding of the principles of this step?

How does Step 10 strengthen our character?

How can this step help me choose principled-centered actions?

How can taking inventory guide us to be less self-centered and more God-Centered?

Why is the principle of self-discipline necessary in this step?

How may I be honest with myself, about myself, even as an event is still happening?

Do I now take responsibility for my thoughts, feelings and actions?

**Maintenance:**

Why is Step Ten called a maintenance step?

In what way do the first nine steps apply to the Tenth Step?

**Outcome:**

How does Step 10 bring order to the mind? Why is it important to continue to take personal inventory until it becomes second nature?

How does this step help me to let go and live fully in the present?

What am I doing differently as a result of working Step Ten?

Have I begun to feel conscious of God in my life as a result of this step? If so, how?

Have I acquired the habit of accurate self-appraisal? Why or why not? If not, how do I acquire it?

Am I able to maintain abstinence and emotional balance under all conditions?

Is it enough for me to just be abstinent? Is there anything about this step that I resist doing?  
How and why?

What is the outcome of practicing this step?

**Step 10 question:** Will you continue to take a personal inventory and continue to set right any new mistakes as you go along?

See inventory hand out.

**References: Please forgive any omissions!**

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