

TENTH STEP NIGHTLY REVIEW CHECKLIST

- Did I start my day with conscious contact with my Higher Power?
- Did I act with patience, compassion, kindness and love towards others today?
- What have I done to be of service to the people around me today?
- Did I resist the temptation to gossip or criticize others today?
- Did I make unreasonable demands upon myself, others, or life today?
- Did I label myself or others today (people rating)?
- Did I catastrophize any situations today (can't-stand-it-itis)?
- Did I have contact with my support group and/or another person in recovery today?
- Have I contacted my sponsor recently?
- Did I do any step work today?
- Did I renew at any time today my conscious contact with my Higher Power?
- Have I been resentful, selfish, dishonest or afraid today?
- Did I worry excessively today or dwell in the past?
- Am I taking myself too seriously in any area of my life today?
- Did I feel "stressed out" today?
- Did I experience any extreme feelings today? What were they and why did I have them?
- Did I exercise self-restraint today?
- Did I respond rather than react today?
- Did I harm anyone today? Do I owe an amends? What might I have done differently?
- Have I practiced unconditional self-acceptance today?
- Did I allow myself to become obsessed about anything today?
- Did I behave compulsively in any way today?
- What spiritual principles did I practice in my life today?
- Was I happy and peaceful today?
- Do I see any "old patterns" re-emerging in my life today? If so, which ones?
- Has there been conflict in any of my relationships today? What?
- Did I allow myself to become too hungry, angry, lonely, or tired today?
- What did I not do today that I wish I had done?
- Did I get physical exercise today?
- Have I kept something to myself that I need to discuss with my sponsor?
- Was I kind and gentle to myself today?
- What did I do today that I feel positive about?
- What are the areas where I need to improve the most?
- What am I grateful for today?