

**Step 10: "We 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

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

Morning	Daily	Evening
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:** Chapter 6, Into Action: Page 84, line 16 Thru: Page 86, line 18.

**12 & 12:** Step 10

**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."

<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</p>

	<p>am actually in.</p> <p>Examples of what He would have me be (pages 77–83 and elsewhere):</p> <p>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>

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

**Process:**

<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.</p> <p>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.</p> <p>We ask that God show us the way of patience, tolerance, kindness, and love (83:2).</p> <p>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:</p> <p>We ask God for the right thought or action.</p> <p>We constantly remind ourselves we are no longer running the show.</p> <p>We say to ourselves many times each day "Thy will be done."</p> <p>Do I watch for selfishness, dishonesty, resentment and fear as I go through the day?</p> <p>Do I ask God to remove these at once, because I am now watching and I am starting to be awake?</p> <p>Do I turn that force of my self-willfulness toward good for others?</p> <p>"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?</p> <p>Can I determine my responsibility and do what is necessary to set things straight, and let go of the outcome?</p> <p>Have I been resentful, selfish, dishonest, or afraid today?</p> <p>Today, have I allowed myself to become too hungry, angry, lonely or tired?</p> <p>Have I kept something to myself that I should have discussed with my sponsor?</p> <p>Was there fear in my life today?</p> <p>Have I harmed others, directly or indirectly, today? How?</p> <p>Do I owe any apologies or amends? Where was I wrong?</p> <p>Was I out of bounds? Did I make mistakes or miss the mark?</p> <p>If I could do it over again, what would I do differently?</p> <p>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.</p> <p>Were we resentful, selfish, dishonest or afraid?</p> <p>Do we owe an apology?</p> <p>Have we kept something to ourselves which should be discussed with another person at once?</p> <p>Were we kind and loving toward all? What could we have done better?</p> <p>Were we thinking of ourselves most of the time?</p> <p>Or were we thinking of what we could do for others, of what we could pack into the stream of life?</p> <p>But we must be careful not to drift into worry, remorse or morbid reflections, for that would diminish our usefulness to others.</p> <p>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.

Promises: The loss of fear of tomorrow; The automatic nature of self-examination; Emotional balance: The conversion of failure to asset:

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

### **Basic Instructions of Step Ten (84–85)**

We continue to watch for selfishness, dishonesty, resentment, and fear as we go through the day.

When (not 'If') these crop up, we ask God at once to remove them. Note that there is no analysis. Do not seek to 'understand' as a method of 'processing' these. Understanding comes automatically from this process. Note that we ask God at once, not at the end of the day.

We discuss them with someone immediately. Apply this if you are so deeply involved in your own drama you cannot function. Otherwise, get on with being helpful wherever you are.

We make amends quickly if we have harmed anyone.

Then we resolutely turn our thoughts to someone we can help. Take whatever action suggests itself on the basis of this.

When disturbed, we ask God to show us how to be loving and tolerant. We use love and tolerance as our yardsticks for making decisions and treating others.

### **Step Eleven basic instructions (86–88)**

At the end of the day, carry out a 5–10 minute review of the period since the last review. This is part of the evening meditation. Start with realizing that a loving God is present with you. Then ask God to show you the truth. Do not beat yourself up for what you find.

Were we resentful, selfish, dishonest or afraid? Pick the top one of each and resolve to discuss with a sponsor or friend the next morning.

Do we owe an apology? Make a list of people to apologize to or make amends to the next day, where applicable.

Have we kept something to ourselves which should be discussed with another person at once? Make a list of such matters and whom they will be discussed with.

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?

Be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others.

Ask God's forgiveness (and know that it will be totally given).

Inquire (of God) what corrective measures should be taken. Keep it simple (a couple will do). Check them out with someone with more experience in the program, if you are new to this or unsure.

At the beginning of the day:

If we face indecision, we ask God for inspiration, an intuitive thought, or the right decision. We relax and take it easy. We don't struggle.

We pray some set prayers that emphasize the principles of AA.

We read some spiritual literature and ask God to show us how we can apply it to our day.

Finally, we pray that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and we are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped.

Spot Check	Daily Review	Periodic Review	Annual Spring Cleaning
In the moment  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.	Constructively review our day.  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.	Similar to 4 <sup>th</sup> step.  We sweep away the wreckage of the <u>immediate</u> past.	Similar to 4 <sup>th</sup> step

### Written Inventory:

How often should we take a personal inventory?

Explain the three different types of inventories as outlined in Step Ten (in the 12 x 12).

What is the purpose of continuing to take personal inventory?

Why is it necessary to spot, admit and correct our acquired defects of character on a daily basis?

Is it useful to have a system or a format to review my thoughts, feelings and behaviors on a daily basis? What is the difference between feelings and actions? Is it helpful to distinguish between thoughts and feelings? If so, why?

How may I do the work of recovery, regardless of how I feel?

Do I prefer to take this inventory at a regular time each day, or do I just let these inventory times happen naturally when the need arises?

Is inventory-taking an exercise in self-absorption? Discuss how it is or is not.  
Does the Step Ten/Step Eleven review require deep or protracted analysis?

**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.

What does "continued to take personal inventory" mean to you?

What is the difference between a personal inventory and a moral inventory?

Is the process of taking an inventory as important as admitting when we are wrong? Discuss why or why not.

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

How does promptly admitting my wrongs change my behavior and transform my character defects into assets?  
What is the connection between behavior and character defects?

Is it important to promptly admit when you are wrong?

Is it ever better to pause before admitting wrongs?

Which defects can be obstacles to Step 10?

Am I always aware of when I am wrong? If so, how do I react?

When was the last time I caught myself doing or saying something I did not feel good about?

How did I feel? What did I do about it?

Was it easy to follow my inner voice? Did it take long?

If I am in the habit of admitting my wrongs, do I still find it difficult, or is it getting easier?

Do I find I need not do this as often as before?

For the next week, keep a diary of an accurate self-appraisal for each day. Each day:

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

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

Write down your definition of each word. Compare and contrast the differences between what you thought it meant and the dictionary says it means.

How may I know which principles I need to practice in a given situation? What were the feelings I had today?  
How did I use them to choose principle-centered action?

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

How can practicing the principle of self-discipline in this step affect my entire recovery?

The principle of honesty originates in Step One and is brought to fruition in Step Ten.

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

How does being aware of my wrongs (self-honesty) help me change my behavior?

Do I easily take responsibility for my actions?

Am I willing to change? Do I turn that force of my self-willfulness toward good for others?

What situations in my recovery have called on me to practice the principle of integrity?

How am I maintaining my personal integrity in my relationships with others today?

### **Maintenance:**

Why is Step Ten called a maintenance step?

In what way do the first three 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, one day at a time?

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

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

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

How do you grow in understanding and effectiveness?

Have I ceased fighting anything or anyone – even food? If not, what or who are you still fighting?

Have I been restored to sanity? Is this the sanity of Step 2?

Has my spiritual malady been overcome; have I straightened out mentally (meaning the obsession of the mind that takes me to COE)?

Am I ..... recovered?

Is it enough for me to just be abstinent? Have I been letting up on my spiritual program of action and resting on my laurels? Is there anything about this step that I resist doing? How and why?

Can my desire to maintain appearances keep me from deeper levels of recovery? Explain.

Are you aware that all people, including yourself, are to some extent emotionally ill as well as frequently wrong?

How may I remember the importance of my happiness, my serenity and peace of mind, one day at a time?

What is the outcome of practicing this step?

Are you willing to make the commitment and take the necessary daily actions to work this step?

See inventory hand out.