

STEP 10 & 11 WITH MORE DETAILS

Step 10 Throughout the day Continue to take Personal Inventory and continue to set right any new mistakes as you go along. You commenced this Way of Living as you cleaned up the past [9th Step]. You have entered the World of the Spirit. You now need to grow in Understanding and Effectiveness and this should continue for your Lifetime.

DIRECTIONS FOR STEP 10 FROM THE BIG BOOK PAGE 84

1. Continue to Watch for Selfishness, Dishonesty, Resentment and Fear and when these crop up, we Ask God at once to remove them. (84:2)
2. We Discuss them with someone immediately. (84:2)
3. We Make Amends quickly, if we have harmed someone. (84:2)
4. We resolutely Turn Our Thoughts to someone we can help. (84:2) Love and Tolerance is our Code.

Remember:

- We are not cured of alcoholism so we do not let up on our Spiritual Program of action.
- We maintain our Spiritual Condition to receive our daily reprieve from alcoholism.
- Every day we must carry the vision of God's will into all of our activities.
- Think constantly "How can I best serve thee – Thy Will not mine be done."
- We can exercise our will power along this line all we wish. It is the proper use of the will.
- We must go further in action.

A 10TH STEP PRAYER FOR GROWTH AND EFFECTIVENESS:

"God, please help me Watch for Selfishness, Dishonesty, Resentment and Fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. God, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone today. Amen"

Step 11 Evening Review Sought through Prayer and Meditation to improve our conscious contact with God as we understood him praying only for knowledge of his will for us and the power to carry that out.

INVENTORY: GOD, PLEASE SHOW ME DURING THE LAST 24 HOURS

- a. Was I resentful, selfish, dishonest or afraid?
- b. Do I owe an apology?
- c. Have I kept something to myself which should be discussed with another person at once?
- d. Was I kind and loving toward all?
- e. What could I have done better?
- f. Was I thinking of myself most of the time?
- g. Or was I thinking of what I could do for others, of what I could pack into the stream of life?

After making our review we ask God's forgiveness and inquire what corrective measures should be taken:

"God, please forgive me for where I've fallen short today. I know that because of my shortcomings, I was not able to be as effective as I should have been for you. Please forgive me and help me live you will better tomorrow. God, I ask you now to show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. God, show me how to make my relationships right and grant me the humility and strength to do thy will. Amen."

Sit in meditation wait for answers and write what comes. You can take this inspiration into morning meditation tomorrow.

MORNING MEDITATION

Sought through Prayer and Meditation to improve our conscious contact with God as we understood him praying only for knowledge of his will for us and the power to carry that out.

ON AWAKENING:

On awakening let us think about the 24 hours ahead. We consider our plans for the day. (Make a to-do list).

Before we begin, we ask God to direct our thinking:

“God please direct my thinking and keep my thoughts divorced from self – pity, dishonest or self-seeking motives. God, please keep my thought life clear from wrong motives and help me employ my mental faculties, that my thought-life might be placed on a higher plane, the plane of inspiration. God, should I find myself agitated, doubtful or indecisive today, please give me inspiration, help me to have an intuitive thought or a decision about this problem I face. God, help me not to struggle, instead, help me to relax and take it easy. Help me know what I should do and keep me mindful, that you are running the show. God, please show me all through this day, what my next step is to be and please Grace me God, with whatever I need to take care of the problems in my life today. I ask especially God, that you free me from the bondage of self-will, give me knowledge of your will and the Power to carry that out. May I do your will always. Amen.”

CONSIDER MY PLANS FOR THE DAY:

In considering our plans for the day or considering any major decisions we have to make in our lives, we “ask God for an intuitive thought or decision” in other words we ask God for the answer.

In Bill’s Story, Bill talks about his step 11 practice “I was to test my thinking by the new God-consciousness within. Common sense would thus become uncommon sense. I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure”.

The practice that the early AAs had is called “TWO-WAY PRAYER”. It is a two-way process in which one asks God for specific direction on problems he is facing in his life, and then he sits quietly and listens for answers to his questions writing down the answers that come. This process is explained in more detail in the section entitled “How to Listen to God”.

MEDITATION:

“If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one’s priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer.”

A great way to start this practice is to buy a meditation book like 24 hours a day, Daily Reflections, or 365 Tao, read one page a day and spend 5-10 minutes at first in contemplation of that and of how you might be of maximum service in your day.

THROUGHOUT THE DAY

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done.'

“If we are not able to determine which course to take, we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don’t struggle.”

(p. 87-8 BB): God, I'm agitated and doubtful right now. Help me to stop and remember that I've made a decision to let You be my God. Give me the right thoughts and actions. God save me from fear, anger, worry, self-pity or foolish decisions that Your will not mine be done. Amen.”