

Tenth Step Inventory Template

Adaptions from the original include beginning with the Set Aside Prayer and concluding with the Third Step Prayer, followed by Quiet Time.

Currently, I am finding that after saying the 3rd Step Prayer, it is a great opportunity to spend time in quiet contemplation. I really believe that we can become a more pure conduit for asking God for His will for us once we have cleared away “that which is blocking us off from God, other people and ourselves.”

Tenth Step Inventory Template

Set-Aside Prayer

God, today help me set aside everything I think I know about You, everything I think I know about myself, everything I think I know about others, and everything I think I know about my own recovery, for a new experience in myself, a new experience in my fellows and in my own recovery.

Inventory

Issue: Was I resentful, selfish, dishonest, afraid, uncomfortable, anxious, some other feeling?

Cause: What event/activity triggered this feeling?

Affects: What part of my life is disturbed: self-esteem, ambition, security (financial, emotional, etc.), or personal and/or sexual relationships?

Selfish: Where was I selfish, i.e., the inability to accept reality?

Self-seeking: Where/how was I only interested in self-seeking, self-worth or affirmation from others?

Dishonest: Where has my thinking been dishonest about what was going on/happening?

Fears: What fears do I have that were disturbed by this event or are underlying my behavior during this event?

Truth: What is the truth about what happened? What is my part?

Action/Amends: What action do I need to take? Do I need to make any amends? Do I need to pray, i.e., sick man's prayer, freedom from bondage prayer, fear prayer, serenity prayer, acceptance prayer, 7th Step Prayer, 3rd Step prayer?

Sick Man's Prayer This is a sick person (and/or I am a sick person). God, please help me to show him (and/or myself) the same patience, tolerance, acceptance, and love that I would show any sick person. How can I be helpful to him (and/or myself) – (describe how you can be helpful to the parties). Please, God, save me from being (angry, selfish, resentful, dishonest, afraid, etc.). Your will not mine be done.

Optional: Freedom from Bondage Prayer for stubborn resentments.

God, I take this time to become quiet and pray for _____. I pray for _____ to have all that I wish for myself: good health, a loving family, protection over (his/her) loved ones, peaceful moments and the inner knowing that

(he/she) is good and enough. I pray that you help me change my thinking about _____, and become more grateful to (him/her) for coming into my life as a teacher, to help me grow closer to You, God, and thus enlarge my spiritual life.

Please help me to remember that:

Just like me, _____ is seeking some happiness for (his/her) life.

Just like me, _____ is trying to avoid suffering in (his/her) life.

Just like me, _____ has known sadness, loneliness and despair.

Just like me, _____ is seeking to fulfill (his/her) needs.

Just like me, _____ is learning about life.

God, please bless _____ with peace, good health, security and prosperity.

God, bless _____ change me.

Fear Prayer

I trusted and relied on my finite self to (control my fear of XXX).

I can trust and rely on infinite God to (control my fear of XXX).

I can trust and rely on infinite God to help me XXX.

I can trust and rely on infinite God to direct my attention to what He would have me be: (described what God would have you be).

Serenity Prayer God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Thy will not mine be done!

Acceptance Prayer And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation – some fact of my life – unacceptable to me and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my addiction, I could not stay abstinent, unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

7th Step Prayer God, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character that stands in the way of my usefulness to You and my fellows. Grant me strength as I go from here to do Your bidding. Amen.

Third Step Prayer God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always. (AA BB: 63)

Quiet Time

God, what is Your will for me today?

Stop — Pause — and Listen.

At this point of my prayer and meditation practice, I like to also practice 2 Way Prayer or Written Guidance.

Share this inventory with a trusted friend and ask for feedback if you want it.