

## **Step Ten**

### **Continued to take personal inventory and when we were wrong promptly admitted it.**

#### **Summary**

- Many of us take inventory at the end of each day. *(Tenth Step Inventory Row 1)*
- We set aside time to review our behavior, our dealings with others, our emotions, and our spiritual condition. *(Tenth Step Inventory Row 2) (Tenth Step Inventory Row 6)*
- We look at any character defects or old habits that may have revealed themselves. We consider whether we have harmed anyone and need to make amends. *(Tenth Step Inventory Row 5)(Tenth Step Inventory Row 2)(Tenth Step Inventory 6)*
- As we look back, we note what emotions we have felt throughout that day, checking whether particular emotions, such as anger or fear, took center stage. *(Tenth Step Inventory Row 4)*
- We often discover unexamined resentments or other character defects at play. *(Tenth Step Inventory Row 3)*
- We also find it helpful to remember the things for which we are grateful or things we have done well. *(Tenth Step Inventory Row 7) (Tenth Step Inventory Row 2)*
- Some of our mistakes stem from the influence of our familiar defects.
- Other mistakes will result whenever we grow and take new risks in our recovery.
- When we recognize error, we promptly admit it. First we admit it to ourselves...Next we may admit it to our sponsor or other support people...and to our Higher Power in prayer. Finally we admit it to those affected by our behavior, and make any amends that are necessary.

#### **Principles**

- Growth
- Honesty
- Restitution

#### **Promises**

- Working the Step Ten helps us deal with our shortcomings on a daily basis.
- We gradually discover the relief and humility of not having to be perfect.
- Admitting our wrongs as soon as possible helps keep shame and regrets from building up inside us, and allows us to more quickly regain our peace of mind.
- When we review our day as part of our Tenth Step, we find ourselves recognizing actions and emotions that we weren't completely aware of at the time.
- With practice, we learn how to recognize how we are feeling in the moment.
- We adopt the attitude of learning from, rather than denying, our mistakes.
- We are living in such a way as to keep our accounts balanced and our serenity intact.
- In gratitude for all we have received from our Higher Power, we move forward to Step Eleven.

## 10<sup>th</sup> Step Inventory (Example)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Middle Circle</u> -Objectification -Flirtation  <u>Outer Circle</u> -Meeting -Prayer/Meditation	<u>Middle Circle</u> -Sad music  <u>Outer Circle</u> -Sponsor Call -Exercise -Prayer/Meditation	<u>Middle Circle</u>  <u>Outer Circle?</u> -Step Work -Prayer/Meditation - Uplifting Music	<u>Middle Circle</u>  <u>Outer Circle</u> -Pray/Mediate	<u>Middle Circle</u> -Objectification -Flirtation  <u>Outer Circle</u> -Sponsor Call -Meeting -Prayer/Meditation	<u>Middle Circle</u>  <u>Outer Circle</u> -Program Call -Exercise Prayer/Meditation	<u>Middle Circle</u>  <u>Outer Circle</u> -12 <sup>th</sup> Step Work -Prayer/Mediation
<u>Resentments</u>	<u>Resentments</u>	<u>Resentments</u> -Co-Worker (got my raise)	<u>Resentments</u>	<u>Resentments</u>	<u>Resentments</u> -Roommate (doesn't clean)	<u>Resentments</u> -Myself (Failed Class)
<u>Fears</u> -Rejection -Missing Out	<u>Fears</u> -Discomfort	<u>Fears</u> -Financial Insecurity -Rejection -Missing Out	<u>Fears</u> -Discomfort	<u>Fears</u> -Rejection -Missing Out	<u>Fears</u> -Discomfort -Rejection	<u>Fears</u> -Discomfort
<u>Character Defects</u> -Self-Seeking -Lack of Boundaries	<u>Character Defects</u> -Self-Pity -Lack of Boundaries	<u>Character Defects</u> -Self-Centered -Dishonest -Envy -Greed	<u>Character Defects</u> -Procrastination	<u>Character Defects</u> -Self-Seeking -Manipulation -Lack of Boundaries	<u>Character Defects</u> -People Pleasing -Dishonest -Gossip -Blame	<u>Character Defects</u> -Procrastination
<u>Owe Amends</u> -Store Clerk -Self	<u>Owe Amends</u> -Self	<u>Owe Amends</u> -Co-Worker	<u>Owe Amends</u> -Self	<u>Owe Amends</u> -Sales Rep -Self	<u>Owe Amends</u> -Roommate	<u>Owe Amends</u> -Self
<u>Gratitude</u> -My Family -Friends in SAA	<u>Gratitude</u> -Sober Fun	<u>Gratitude</u> -My Job -Co-worker	<u>Gratitude</u> -Grace	<u>Gratitude</u> -Best Friend -Nature	<u>Gratitude</u> -Affordable Rent	<u>Gratitude</u> -Second Chances

