

**LIFE IS A VOYAGE IN WHICH WE CHOOSE NEITHER
VESSEL NOR WEATHER.....**



**BUT MUCH CAN BE DONE TO MANAGE THE SAILS
AND GUIDE THE HELM**

Step 10 – Continued to take personal inventory and when we were wrong, promptly admitted it. (Alcoholics Anonymous – pages 84 to 85 on Step 10)

Step 10 Daily Inventory

Living in Steps 10-12 enables me to maintain physical abstinence, emotional sobriety and spiritual well-being. Step 10 incorporates the principles of all of the previous steps into my everyday life. Steps 11 and 12 support me in that work. I can only continue to grow in understanding and effectiveness as a human being by continuing to watch for character defects, and work the program to let them go. The questions below help me to help review the day.

I remember the Serenity Prayer and look for those things that I have the ability to change.

1. Toward who or what do I feel resentful? (Step 4)
2. What unreasonable expectations do I have? (Step 4)
3. Am I asking/wanting/expecting more than my share? (Step 4)
4. Did I engage in worry, remorse, guilt, depression, anxiety, or negativity? (Step 4)
5. Did an outcome I wanted benefit me more than others? (Step 4)
6. What was I afraid of losing? (Step 4)
7. What did I fear I couldn't get? (Step 4)
8. Where have I been dishonest, selfish, irritable, discontent, or inconsiderate? (Step 4)
9. Whom have I hurt/harm by my behaviors? (Step 4)
10. Was I acting to change other persons, places or things instead of just working to change myself? (Step 4)
11. Did I cause jealousy, bitterness, or suspicion to arise? (Step 4)
12. Where have I not behaved my best? (Step 4)
13. What should I have done instead? (Step 6 – 9, 11-12)
14. What am I powerless over? (Step 1)
15. Where can I get the help I need to do the work required? (Step 2)
16. What ideals would my HP have me uphold from now on? (Step 3, 12)
17. Do I pray for guidance to do the right things? (Step 3, 7)
18. Are there behaviors I want to keep secret? What behaviors should I share with my sponsor? (Step 5)
19. As I am aware of my continuing defects have I noted how the defect benefits me? So there might be a reason that I am still hanging on to it? Why am I afraid to let it go? (Step 6)
20. What was I unwilling to accept? (Step 6)
21. How do my continuing defects affect my physical body? How has this defect contributed to unfavorable outcomes? How has my attitude with the continuing defect caused me trouble? (Step 6)
22. Can I see that low self-esteem and pride are both a lack of humility? (Step 4)
23. Do I pray for my HP to provide help in removing continuing defects? (Step 3, 7)
24. Am I doing my part to remove continuing defects? (Step 6 – 9)
25. What amends do I owe? (Step 8 – 9)
26. Where do I need to "act as if" or "pay it forward" to substitute new behaviors and thinking for the old? (Step 6 – 9, 12)
27. When I make amends do I keep it short and simple? Have I apologized for my part in the event rather than implying any wrongdoing on the part of the other? (Step 9)
28. Am I praying for others? (Step 6 – 9, 11-12)
29. What behaviors do I need to change? (Step 6 – 9)

30. Have I experienced true forgiveness – no longer holding on to the stories, pain or resentments? (Step 6 – 9)
31. What Steps need review? (Step 10)
32. Do my actions toward others demonstrate love, kindness, tolerance, patience, and compassion? (Step 12)
33. Did I reach out to support another person today? (Step 12)
34. Am I praying daily? Did I ask for inspiration, intuition and insight? (Step 3, 11)
35. Did I read or learn anything today to explore my spiritual life? (Step 3, 11)
36. Am I meditating daily? Did I relax, quiet my mind of daily tasks and listen for wisdom? (Step 11)
37. How did I incorporate the tools in my day? Food plan? Calls? Sponsor-Sponsee? Writing-Literature? Attend meetings (Step 1)
38. Did I exercise and follow up on any medical/health issues? (Step 1 - 4)
39. Did I honor anonymity and refrain from gossip or idle talk about another? (Step and Tradition 12)
40. What am I grateful and thankful for today? (Step 11)



What actions will I take tomorrow to incorporate program in my day? AMENDS!

Step 11 – 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. (Alcoholics Anonymous – pages 85 to 88 on Step 11)

AMEND (A=Apology, MEND=Mend my ways)

Webster's definition – "1. To correct, 2. To make better; improve, 3. To remove the faults of, 4. To change or revise, 5. To improve one's conduct"

Actions need to be Specific, Measurable, Achievable, Realistic, Time-Oriented (SMART)!

- Not a good Example: "I will be kind to others" – How will you measure kindness? What does kindness entail? When will you be kind? Can you be kind to your worst enemy? How long will you be kind?
- Better Example: "Tomorrow morning I will call Mary and ask if I can give her a ride to the morning meeting in town."



10-Stepping Through An Issue

1. What am I powerless to change or effect?
2. Who can help me?
3. Am I willing to let go of my Self-Will and accept that help? If I am, then I need to look honestly at my EGO in this issue!
4. What is my part in this issue?
5. Am I willing to talk this over with someone?
6. Am I ready to let go of my part in this?
7. What is my prayer for help?
8. Have I harmed anyone?
9. What AMENDS do I need to make? Both immediate and living?
10. What issues need to be "stepped through"?
11. What specific actions can I take today to establish, re-establish, or improve my conscious contact with Higher Power?
12. What spiritual awakening or new insight have I had learned, or can I learn, from this issue?



Quick 10th Step Review

<h3>The Resentment or Fear</h3>	<h3>My Part</h3> <ul style="list-style-type: none">• What am I powerless over?• Who's in charge?• What behavior(s) do I have that need(s) to be changed ?
<h3>Fear Prayer (or Freedom from bondage Prayer)</h3> <ul style="list-style-type: none">• "HP please remove my fear of _____ and direct me to what you would have me be."• "HP please remove my _____ behavior and replace it with _____"	<h3>My Action</h3> <ul style="list-style-type: none">• What would my HP's Will Be?• What "act as ifs" or "pay it forwards" do I need to practice?