

Step 10. Continued to take personal inventory and when we were wrong promptly admitted it.

Step Ten suggests we continue to take personal inventory^{step 4} and continue to set right any new mistakes^{steps 8,9} as we go along. (*Are you willing to do this - yes-no?*) We vigorously commenced this way of living as we cleaned up the past. (*Are you willing to do this - yes-no?*) We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear.^{step 4} When these crop up, we ask God at once to remove them.^{steps 3,7} We discuss them with someone immediately^{step 5} and make amends^{steps 8,9} quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help.^{step 12} Love and tolerance (*Column 5*) of others is our code. (AA p. 84)

Step 10 Paycheck

And we have ceased fighting anything or anyone, even alcohol (*drugs, obsessive-compulsive behaviour*). For by this time sanity will have returned. We will seldom be interested in liquor (*using, acting-out*). If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor (*drugs, obsessive-compulsive behaviour*) has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition. (AA p. 84-85)

My Daily (Step 10) Personal Inventory

LIABILITIES to watch for: Check for each day for: SELF-WILL (Column 4) <i>NO POWER</i>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1. Resentment							
2. False Pride, Arrogance, Self-loathing							
3. Envy							
4. Jealousy, Distrust, Suspicion							
5. Dishonesty, Lying, Exaggeration, Stealing							
6. Selfishness, Self-Seeking, Self-Centeredness							
7. Laziness, Sloth, Boredom							
8. Inconsideration, Intolerance							
9. Lust, Infidelity							
10. Immoral Thinking, Vulgar Talk							
11. Hate, Wrath, Anger, Irritability							
12. Greed (money) or Gluttony (food)							
13. Slander, Gossip, Spreading Rumors							
14. Impatience							
15. Fear of...							
ASSETS to strive for: Check for each day for: GOD'S WILL (Column 5) <i>POWER</i>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1. Forgiveness							
2. Humility							
3. Contentment							
4. Trust							
5. Honesty, Integrity							
6. Unselfishness							
7. Activity, Zeal, Promptness							
8. Tolerance, Acceptance							
9. Intimacy, Chaste							
10. Purity							
11. Love, Kindness							
12. Generosity							
13. Praise Others, Look For The Good In Others							
14. Patience							
15. Faith, Trust God							

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.

Step Eleven suggests prayer (*talking to God*) and meditation (*listening to God*). (AA p. 85) (*Are you willing to do this - yes-no?*)

Step 11 Instruction

PM Focus

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid?^{step 10} Do we owe an apology?^{step 8,9} Have we kept something to ourselves which should be discussed with another person at once?^{step 5} 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?^{step 12} But we must be careful not to drift into worry, remorse or morbid reflection (*Column 4*), for that would diminish our usefulness to others.^{step 12} After making our review we ask God's forgiveness^{step 7} and inquire what corrective measures^{steps 8,9} should be taken. (AA p. 86)

AM Focus

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. (*Column 5*) Before we begin, we ask God to direct our thinking^{step 3}, especially asking that it be divorced from self-pity, dishonest or self-seeking motives (*Column 4*)^{step 10}. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane (*Column 5*) when our thinking is cleared of wrong motives (*Column 4*). (AA p. 86)

Mid-day Focus

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and

Big Book Sponsorship Guide

take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. (AA p. 86)

We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step (*Column 5*) is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will (*Column 4*), and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. (AA p. 87)

Step 11 Paycheck

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" (*Column 5*). We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions (*Column 4*). We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves. It works - it really does. (AA p. 87 - 88)