

NINE QUESTIONS TO HELP YOU WORK STEP TEN

The "personal inventory" of Step Ten need not be a written one, but perhaps the following questions might help you direct and organize your daily thoughts and reflections in a more meaningful way.

Use the following questions to look at the past twenty-four hours. Briefly fill in your responses to each question either in your mind or in this workbook.

1. How may I have harmed myself or someone else today?

2. Which of my character defects caused me to do those harmful things?

3. How was I selfish, dishonest, resentful, or fearful?

4. Did I ask my Higher Power to remove my selfishness, dishonesty, resentment, and fear as soon as I was aware of them?

What is left for my Higher Power to remove?

5. Did I admit my mistakes promptly and make amends?

What do I still need to take care of?

6. How often during the day was I feeling gratitude, and how often was I feeling self-pity?
7. What good did I do today?
8. How was I loving and compassionate?
9. Who did I help today, and how?

Exercise 3

"THY WILL (NOT MINE) BE DONE"

The Big Book says on page 85, lines 18-19, that each day alcoholics "must carry the vision of God's will into all of [their] activities." To express this thought, write the short suggested prayer on page 85, lines 19-20 of the Big Book, or write your own prayer.