

Step 10 Continue to take personal inventory, and when we were wrong, promptly admitted it. PERSERVERANCE

HARMS WE DO TO ANOTHER

"What kinds of harms do people do another, anyway? The instincts which cause physical, mental, emotional, or spiritual damage to people." (12X12, P, 80)

- Tempers that are consistently bad, arousing anger in others
- To lie or cheat, depriving others not only of their worldly goods, but of their emotional security and peace of mind, issuing them an invitation to become contemptuous and vengeful
- Selfish sex conduct exciting jealousy, misery, and a strong desire to retaliate in kind
- Being miserly, irresponsible, callous or cold with the family
- Irritable, critical, impatient, and humorless
- Lavishing attention upon one member of the family and neglecting the others.
- Dominating the whole family, either by a rule of iron or by a constant outpouring of minute directions for just how their lives should be lived from hour to hour
- Wallowing in depression, self-pity oozing from every pore, inflicting that upon those about us

"When we take such personality traits as these into shop, office, and the society of our fellows, they can do damage as extensive as that we have caused at home." (12x12m p. 81)

Today, was I,

*Angry
Anxious
Arrogant
Cheating
Controlling
Critical
Depressed
Dishonest
Envious
Fearful
Feeling hurt
Gossiping*

*Greedy
Having to be right
Impatient
Insecure
interrupting
Irresponsible
Judgmental
Lazy
Lusting
Lying
Manipulating
Pitying self
Prideful*

*Punishing
Resentful
Self-centered
Selfish
Silent Scorn
Sulking*

Do I own an apology?

What good have I done today? Who did I help?