

Step 10



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

1. Review the 10th Step Inventory form
2. Discuss with your sponsor
 - a. How often you will do an inventory
 - b. What time of day you will do your inventory
 - c. How will you incorporate that into your daily sponsor checkin

10th Step INVENTORY

Complete this inventory at the end of any day, especially if you don't feel right.
If you run out of space in any box, continue on other side.



Was I...	
RESENTFUL? Of who?	SELFISH? How?
DISHONEST? How?	FEARFUL? Of what?
Am I obsessing about anything?	Am I keeping any secrets?
Did I cause any harm? Do I owe any apologies?	Was I kind and loving toward all? What could I have done better?
SOBER ACTIONS CHECKLIST	TO-DO LIST
<input type="checkbox"/> Did I go to a meeting? <input type="checkbox"/> Did I pray? <input type="checkbox"/> Did I call my sponsor? <input type="checkbox"/> Did I call another alcoholic? <input type="checkbox"/> Did I help anyone? <input type="checkbox"/> Did I do service? <input type="checkbox"/> Did I meditate? <input type="checkbox"/> Did I fellowship? <input type="checkbox"/> Did I read any literature?	<i>I will discuss my secrets with:</i>
	<i>I will apologize to:</i>
	<i>I will pray for relief from my obsessions and for guidance in my future actions.</i>