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 Lobossing about anything?		Am I keeping any secre	ote?	
Am I obsessing about anything?		Am I keeping any secre	÷15 ?	
Did I cause any harm? Do I owe any		Was I kind and loving toward all?		
apologies?		What could I have done better?		
SOBER ACTIONS CHECKLI	ST	TO-DO LIST		
☐ Did I go to a meeting?		I will discuss my	I will discuss my secrets with:	
□ Did I pray?				
☐ Did I call my sponsor?				
\square Did I call another alcoholi	c?	I will apole	I will apologize to:	
☐ Did I help anyone?				
☐ Did I do service?				
☐ Did I meditate?				
☐ Did I fellowship?		I will pray for relief from my obsessions		
☐ Did I read any literature?		and for guidance in my future actions.		

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Was I			
RESENTFUL?	Of who?	SELFISH?	How?
DI SHONEST?	How?	FEARFUL?	Of what?
Am I obsessing about ar	nything?	Am I keeping any secrets?	
Did I cause any harm? Do I owe any		Was I kind and loving toward all?	
apologies?		What could I have done better?	
SOBER ACTIONS CHECKI	181	TO-DO LIST	, ,,,
☐ Did I go to a meeting?		I will discuss my	secrets with:
☐ Did I pray?			
☐ Did I call my sponsor?	-1:-2	1	! 4-
☐ Did I call another alcoho	DIIC?	I will apole	ogize to:
☐ Did I help anyone?			
☐ Did I do service?			
☐ Did I meditate?		1 111 0 1: 00	, ,
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RESENTFUL?	Of who?	SELFISH?	How?
DISHONEST?	How?	FEARFUL?	Of what?
Am I obsessing about anything?		Am I keeping any se	ocrats?
Am i obsessing about anything?		Air i keeping any se	ciets:
Did I cause any harm? Do I owe any		Was I kind and loving toward all?	
apologies?		What could I have done better?	
SOBER ACTIONS CHECK	// IST	TO-DO LIST	
☐ Did I go to a meeting?		I will discuss my	cocrats with:
□ Did I go to a meeting?□ Did I pray?□ Did I call my sponsor?		i will discuss thy	secrets with.
☐ Did I call another alcoholic?		I will apologize to:	
☐ Did I help anyone?			
☐ Did I do service?			
☐ Did I meditate?		1 '''	, ,
□ Did I fellowship?□ Did I read anv literatu	ro?	I will pray for relief fi	-
□ Did I read arry illeratu	16:	and for quidance in i	iliv lutule activits.