

STEP TEN – DISTURBANCE CONTROL – STEWARDSHIP

We—***“Continued To Take Personal Inventory And When We Were Wrong Promptly Admitted It.”***⁹⁸

READ IN PREPARATION:

“Big Book” of *Alcoholics Anonymous* –

Pages 84-85

And; *Twelve Steps and Twelve Traditions* – Step Ten

Pages 90-97

Resentment (1) and/or Fear:	The Cause (2)	Affects Our: (Column 3)
Person, Place or Thing		<input type="checkbox"/> Self-Esteem <input type="checkbox"/> Security <input type="checkbox"/> Ambitions <input type="checkbox"/> Personal Relations <input type="checkbox"/> Sex Relations <input type="checkbox"/> Pride/Shame <input type="checkbox"/> Fear
Ask Ourselves: ** (AA 67.3) * (AA 62.2)	Putting out of our mind the wrong others had done, we resolutely looked for our own mistakes... We admitted our wrongs honestly...** (Column 4)	
Where had we been selfish, self-centred or self-seeking? **		
Where had we been dishonest? **		
Where had we been frightened? **		
For what had we been responsible? **		
What decisions did I make based on self that later placed me in a position to be hurt? *		
When in the past did we make this decision? * (Earliest memory.)		
Where were we wrong **, what was our part?		
STEPS 6 & 7 List of Character Defects		
STEP 9 - Amend		Step 9 <input type="checkbox"/> Now <input type="checkbox"/> Later <input type="checkbox"/> Never

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12 STEP WORKBOOK

Food	Money
Breakfast	Item
Lunch	
Dinner	
Snack	
Exercise	
Litres Water Hours Sleep	Total Spent Today
When we retire at night we constructively review our day. We remember we have ceased fighting anything and anyone—love and tolerance of others is our code.	
We Draw Up a Balance Sheet	
The "Negative Side" ✓	The "Positive Side" ✓
Were we resentful?	Have we stayed clean of our addiction today?
Were we selfish?	Were we kind?
Were we dishonest?	Were we loving toward all?
Were we afraid?	What did we pack into life?
Have we kept something to ourselves?	Did we pray and meditate?
Were we thinking of ourselves most of the time?	Did we call someone we could help today?
Were we "disturbed" today?	Did we think of how we could help others?
Do we owe an apology? And if so to whom?	Did we study literature today?
What could we have done better?	Did we go to a meeting today?
Did we blame our feelings on someone else?	Did we call our sponsor today?
Do we need to take detailed inventory on something?	Did we do anything that is improved over our past?
Journal	

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