

## **Step 10.** Continued to take personal inventory and when we were wrong promptly admitted it.

**Tradition 10** Sexaholics Anonymous has no opinion on outside issues; hence, the SA name ought never be drawn into public controversy.

**Promise 10** Fear of people and economic insecurity will leave us.

**Reward 10** A clean pattern of life instead of a purposeless existence.

### **Readings:**

White Book	129 - 134
AA Big Book	84 - 85
12 and 12:	88 - 95
Step into Action	145-158

### **Tenth Step Prayer**

***I pray I may continue:***

***To grow in understanding & effectiveness;***

***To take daily spot check inventories of myself;***

***To correct mistakes when I make them;***

***To take responsibility for my actions;***

***To be ever aware of my negative & self-defeating attitudes & behaviors;***

***To keep my willfulness in check;***

***To always remember I need Your help;***

***To keep love & tolerance of others as my code; &***

***To continue in daily prayer how I can best serve You,  
My Higher Power.***

**Continued ...**Step 10 tells us that all we really have is a **daily reprieve contingent on the maintenance of our spiritual condition.** For we have entered the world of the Spirit. Every day is a day when we must carry the vision of God's will into all our activities. "How can I best serve Thee—Thy will (*not mine*) be done." Our next function is to grow in understanding and effectiveness. This is not an overnight matter. These are thoughts which must go with us constantly. This should continue for our lifetime. (AA pg. 84 & 85)

Much has already been said about receiving strength, inspiration, and direction from God who has all knowledge and power. If we have carefully followed directions, we have begun to sense the flow of The Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action.

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So how do we do this: **Continue** to watch for

- **selfishness,**
- **dishonesty,**
- **resentment, and**
- **fear.**

When these crop up, we ask God at once to remove them.

We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

In coming into the Program, we usually will have a pretty big inventory to work on, e.g., Steps 1, 4, 6, and 8. But even after that, we still have a long way to go. We will continue to make mistakes and will be inclined to do some more wrong thinking and wrongdoing. So, at necessary intervals, we **continue** to take inventory. Here the purpose is to check on our progress. We certainly cannot be perfect, so the need for regular inventory is apparent.

These inventories are personal, and we confine the inventory to ourselves. We are the ones who need it. Never mind the other fellow! He too is probably troubled and will have to make his own inventory

It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us. If somebody hurt us and we are sore, we are in the wrong also. But are there no exceptions to his rule? What about justifiable anger? If somebody cheats us, aren't we entitled to be mad? Can't we be properly angry with self-righteous folks? For us of (S.A.) these are dangerous exceptions. We have found that justified anger ought to be left to those better qualified to handle it. (12N12 pg. 90) Why do we want to drink the poison that is resentment and anger, hoping it will kill the other person.

But as we continue to do our 10th step inventory we must also endeavor to keep perspective. If we have worked the previous 9 steps and have achieved some long term sobriety we must notice that the items on our spot check inventories are much less onerous than the items on our Steps 1, 4, 6 and 8 inventories. If we have a day where we perceive we have little to be thankful for, this simple fact should bring a satisfying happiness to our hearts. Is this not the realization of the promises and rewards of the program? Knowing this and fully appreciating it as a chance on a new life, a more spiritual life and the sacred gift that it could propel us to keep coming back and keep working the program.

Step 10 is really Step 4 thru 9 in a single package. Working step 10 means adopting a way of life that requires continuous effort and effort. It truly is "*A Design for Living.*"

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The following guide is drawn verbatim from *Alcoholics Anonymous* (pp. 84-86):

1. Was I:
  - a. Resentful?
  - b. Selfish?
  - c. Dishonest?
  - d. Afraid?
2. Do I owe an apology?
3. Have I kept something to myself which should be discussed with another person at once?
4. Was I kind and loving toward all?
5. What could I have done better?
6. Was I thinking of myself most of the time?
7. Or was I thinking of what I could do for others, what I could pack into the mainstream of life?

After making our review we ask God's forgiveness and inquire what corrective measures should be taken. At all times we continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up we:

1. Ask God at once to remove them.
2. We discuss them with someone immediately.
3. And make amends quickly if we have harmed anyone.
4. Then we resolutely turn our thoughts to someone we can help.

Some of the *things* we would do well to cover in an inventory:

- o Selfishness - - the common vice of all alcoholics- What did I want and why?
- o Egotism - - who is without some of it? Self-Importance, Mr. Big. Am I rightsized?
- o False Pride - - too big to admit a fault or an error. Look for fear.
- o Impatience - - the spoiled child in a grown man. Is it really all about you?
- o Resentments - - an alcoholic usually is sore at the whole world. Everybody ELSE is wrong!
- o Lack of common honesty - - usually fooling ourselves and *trying* to fool others. False pretense, sham.
- o Deceit. Do we hide our bad intentions behind a good intention?
- o Hate - - the outgrowth of anger and resentment. Do I mean it when I say this?
- o Jealousy - - just *wanting* what the other fellow worked to get. Prosperity Envy.
- o Envy - - a sure-fire cause of discontent and unhappiness. Is this really Jealousy?
- o Laziness - - in seven syllables – procrastination. Do I procrastinate out of fear of not being perfect?

Also include a list of **Victories** in your inventory. After all, if we've reached Step 10 and if we have been honest, open minded and willing as we worked through Steps 1 thru 9, then we are bound to recognize many daily victories – both large and small.

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As part of your inventory look for victories where you surrendered and refused to give into your addictive ways and character defects, worked the steps and turned toward your Higher Power.

Remember the times over the past 12 to 24 hours where you exemplified:

- Honesty,
- Simple Justice
- Fairness
- Generosity
- Truthfulness
- Modesty
- Humility
- Honest Pride in work well done
- Simplicity
- Patience
- Industry (go to work and really work)

And so on through a long list.