Step 10: Continued Personal Inventory

The Twelve Steps

Step-Working Guide · The Recovery Files

In this workbook

1. **Step 10: Continued Personal Inventory** — key ideas, worksheet

Each topic's scored self-assessment and mind map are in the app.

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TOPIC

Step 10: Continued Personal Inventory

KEY IDEAS

Step 10: Continued Personal Inventory

Daily Spiritual Maintenance

Step 10—'Continued to take personal inventory and when we were wrong promptly admitted it'—marks the transition from the foundational work of Steps 1-9 to the ongoing maintenance of recovery.

Why Continued Inventory?

Preventing Decay

Unlike steps with clear endpoints, Step 10 demands ongoing vigilance. It prevents the accumulation of unaddressed resentments, fears, and character defects that could threaten sobriety.

Five Essential Dimensions

A Comprehensive Practice

Effective 10th Step practice involves: 1) Daily Personal Inventory, 2) Emotional Awareness & Regulation, 3) Resentment Prevention, 4) Character Development, and 5) Prompt Amends.

Daily Personal Inventory

The Foundation

Systematically examining thoughts, feelings, actions, and motives each day transforms recovery from reactive crisis management to proactive spiritual maintenance.

Emotional Awareness

Emotional Sobriety

Moving from numbing or overwhelming emotions to experiencing them as information. Developing the skill to regulate emotions supports sound judgment and relationships.

Resentment Prevention

The Number One Offender

Proactively addressing conflicts and practicing forgiveness protects against resentment—the 'number one offender' that destroys more alcoholics than anything else.

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Character & Amends

Growth & Accountability

Continuing to grow in character virtues and promptly admitting wrongs keeps the conscience clean and prevents the return of pride and denial.

Progress, Not Perfection

The Goal

The ultimate goal is not to be perfect, but to maintain a daily willingness to examine life honestly, correct mistakes, and stay connected to spiritual principles.

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WORKSHEET

Step Ten Practice Plan

STRUCTURE

Morning Inventory (Set Intentions)

What spiritual condition do I want to maintain today?

What potential challenges might test my recovery principles?

How can I be of service today?

Evening Inventory (Review and Correct)

How did I handle challenges today?

Where did I act in alignment with my values?

What amends do I need to make tomorrow?

RESPONSE

Prompt Response Protocol

When I Realize I've Made a Mistake:

- Acknowledge the error honestly to myself
- Identify who was affected and how

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- Determine appropriate amends or corrections
- Take action within 24 hours when possible

My commitment to prompt action:

When I Notice Character Defects Emerging:

- Recognize the defect without judgment
- Pray for removal of the defect
- Make opposite action if possible

My plan for opposite action (e.g., kindness when feeling anger):

INTEGRATION

Spiritual Practice Integration

Morning Prayer/Meditation (mins):

Evening Inventory (mins):

Weekly Sponsor Check-in:

Action Plan

Current Challenge:

Specific Goal:

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