**MAA B2B 10th Step Short Form Worksheet**

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

*“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.”*

**1.** **Open with the Third Step Prayer:**  
*“God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always! Amen.”*

**2. What is my Emotional Disturbance?**

I’m [Emotion] \_\_\_\_\_\_ of/at \_\_\_\_\_\_\_\_.” [One word or brief sentence.]

The causes: \_\_\_\_\_\_\_\_\_\_\_\_. [Keep to 19 words or less; just the headlines.]

This affects my: [Fill out only what applies.]

* + - Self-esteem because\_\_\_
    - Security because \_\_\_
    - Ambitions because \_\_\_
    - Personal relations because \_\_\_
    - Pocketbook because \_\_\_\_
    - Sex relations because \_\_\_\_

Is any fear involved? Yes \_\_\_ No \_\_\_

**3. Disturbance Prayer** [Use these or create your own]

* 1. *“God, \_\_\_\_\_\_ is spiritually sick. How can I be helpful to them? God save me from being angry. Help me avoid retaliation or argument. Thy will be done.”*
  2. Or:  
     “*God, help me to show (another, myself, this situation) \_\_\_\_\_\_ the same tolerance, pity, and patience that I would cheerfully grant a sick friend. Help me avoid retaliation or argument. Thy will not mine be done.*

**4. Character Liabilities to Consider** [Refer to Character Defects Sheet; add personal insights]

* + Am I being **selfish**? Yes \_\_ No \_\_. If “Yes,” where or how am I being selfish?\_\_\_.
  + Am I being **dishonest**? Yes \_\_No \_\_. If “Yes,” where or how am I being dishonest?\_\_\_. [What untrue stories do you tell yourself?]

Pause, ask HP for the truth, and write it down. The truth is \_\_\_.

* + What did I make it mean? I made it mean \_\_\_\_\_\_. [What are you making the situation mean?]

Pause, ask HP for the truth, and write that down. The truth is\_\_\_.

* + Am I **self-seeking**? Yes \_\_ No \_\_. If “Yes,” where or how am I self-seeking?\_\_\_.
  + Am I **frightened**? Yes \_\_ No \_\_. If “Yes,” what are my fears?\_\_\_.
  + Am I being i**nconsiderate** in this situation? Yes \_\_ No \_\_. If “Yes,” where or how am I inconsiderate? To others \_\_\_\_. To myself \_\_\_\_. To my Higher Power \_\_\_\_.

**5.** **Consideration Prayer:**

“Higher Power, help me to see the situation/person as you see them.”

Write down your insights:

**6. Identify Core Fear** [What fear is giving this resentment energy? What am I most afraid of here? What’s my core fear?]

* + I am fearful of\_\_\_. [Distill into a few words or a short sentence]
  + Why do I have the fear? \_\_\_\_. [19 words or fewer]
  + Where was my trust & reliance? Infinite God \_\_\_. My Finite Self \_\_\_.
  + Did self-reliance work? Yes \_\_\_ No \_\_\_.

**7.** **Fear Prayer:**  
“God, please remove my fear and direct my attention to what you would have me do and be. Please open me to inspiration, an intuitive thought, or a decision about this.”

* + - * What would H.P. have me be? \_\_\_\_\_\_. What would H.P. have me do? \_\_\_\_\_\_\_.
      * Pause, ask HP for guidance. Write down your insights\_\_\_.
      * [Optional] If my Higher Power were to speak directly to me regarding this issue, what might my HP say?\_\_\_\_ [Pause, listen, write down anything that comes.]

**8. Amends**

Do I need to make amends? Yes \_\_\_ No \_\_\_. If so, what kind of amends will I make and what actions will I take? \_\_\_\_\_\_\_\_\_.  
Examples:

* + “I need to make a direct amends, so I will apologize when we get off the phone.”
  + “No amends necessary; it was all going on in my mind, and I never said anything.”
  + “My Living Amends will be to pray for \_\_\_\_\_\_\_.”

**9. Turn to Service**

I am now going to resolutely turn my thoughts to someone I can help by \_\_\_\_\_\_\_.

[e.g., making an outreach call, helping a family member]

**10. Partner Feedback** [Optional]

* “Do you have any reflections or feedback?”

[Receiving and providing feedback is optional. If feedback is requested, the partner asks HP for guidance and offers one or two sentences of kind, respectful feedback.]

* “That’s all I have. Thank you, I don’t need feedback.” [If you don’t want feedback]

**11. Close with the 7th Step Prayer**“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”