**Back-to-Basics**

**TENTH STEP WORKSHEET**

**Long-Form**

(for Resentment)

Step 10 -- “Continued to take personal inventory and when we were wrong promptly admitted it.”

Tenth Step Prayer: "God, please help me watch for Selfishness, Dishonesty, Resentment, and Fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. God, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone today. Amen."

INSTRUCTIONS

Please fill out this worksheet when you find resentments cropping into your day. After you have filled it out, call your sponsor or another member of MAA and give your Tenth Step away to them. Remember we cannot afford to hold onto resentments and fear. If we do, we may lose our sobriety.

I have a resentment towards \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(If a question doesn't apply you can skip it)

**PART I —The Inventory**

Why do you resent this person?

What is your reaction when you have this resentment?

Where do you feel it in your body?

Are you thinking only of yourself and your own happiness in this situation?

Were you inconsiderate of others?

Were you inconsiderate of yourself?

Where did you feel the fear of losing something or not getting what you want?

Where did you try to play God and be in control?

Where were you dishonest with yourself?

Where were you dishonest with others?

Where have you blamed others?

Where have you blamed yourself?

Where did you feel superior?

Are you feeling shame or low self-esteem?

Did you feel you wanted something that didn't belong to you? (Where did you envy?)

Did you procrastinate or avoid taking action?

Are you willing to have God remove these liabilities and replace them with assets? If so, answer the following questions:

**PART 2 — The removal of liabilities:**

What would this situation look like if you had Faith in God?

What would this situation look like if you had Faith in yourself?

What would this situation look like if you had Faith in the other person or institution?

What would this situation look like if you had consideration for yourself?

What would this situation look like if you had consideration for the others?

What would this situation look like if you were not blaming yourself or others?

What would this situation look like if you were honest and authentic? (With yourself? With others?)

What would this situation look like if you had humility? If you felt self-esteem? If you saw yourself and others as equal?

What would this situation look like if you felt you were worthy? If you saw them as worthy?

What would this situation look like if you felt acceptance?

What would this situation look like if you felt the energy and willingness to take action?

Where can you be generous in this situation? Where can you give your love, your gifts to the others and not hold back? Where can you give the gift of "live and let live" to the other people?

Where can you find gratitude for this situation? What useful lessons can you learn from this situation?

Are you willing right now to forgive every person involved in this situation for everything you believe they did to you?

Are you willing right now to forgive yourself for carrying this resentment or fear?

**Part 3 — After reading your 10th Step to someone else:**

* + - Discuss if you have any wrongs to set right and any amends to make to this person and to yourself.
    - Make a short list of amends.
    - Do what you can today to make it right. Don't wait unless it is absolutely necessary.
    - Now turn to someone you can help today?