

Tenth Step Inventory Part 1- Resentment

I am resentful at	The CAUSE	Affect My		Exact Nature of our wrongs*
<p>(People, Place, Institution)</p>	<p>Exact reason why I am angry</p>	<p>SELF –ESTEEM I am... or I should be...</p> <p>PRIDE</p> <p>AMBITIONS I want...</p> <p>SECURITY I need...</p> <p>PERSONAL RELATIONS Men / women are... or men or women should be...</p> <p>SEX RELATIONS my husband / Boyfriend is... or my wife/girlfriend should be...</p> <p>POCKETBOOK</p>	<p>SICK MANS PRAYER "Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done." pg. 67</p>	<p>Where was I:</p> <p>SELFISH (attitude)</p> <p>SELF-SEEKING (action / acting on my own behalf)</p> <p>DISHONESTY (what is the story / lie I am telling myself?)</p> <p>AFRAID (frightened/FEAR)</p>

Tenth Step Inventory Part 2- Fear

Name the FEAR

Why do I have this fear?

Has self reliance failed?

How would God have me be?

Read page 68 instructions for FEAR

If this happens then what?

Yes / NO

How have I relied on myself?

Is there a historical reason for it?

Prayer

Read page 76. " step 6 and 7 When ready we say something like this: "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 from here to do your bidding. Amen."

"We resolutely turn our thoughts to someone we can help. Love and tolerance is our code." (Page 84 BB)

Harms done / Amends

Read page 68 instructions for steps 8 and 9

Did I cause harm?

Do I owe an amends?