**Step 10: Continued Inventory**

*“I continued to take personal inventory and when I was wrong promptly admitted it.”*

Step 10 is the first of the three “continued growth steps.” Together with Steps 11 and 12, it will help you avoid sliding back into old patterns and to continue growing and getting healthier in all relationships and areas of your life.

1. Unlike the first nine steps, which you can start and finish, this one along with the two that follow describe an ongoing process. In the case of Step 10, what do you think are some reasons for making personal inventory a continuing practice?

2. The first part of Step 10 says to “continue to take personal inventory.” How can you do this in your own life?

3. The next phrase is “and when we were wrong, promptly admitted it.” Why should you do this? How do you think it will it help?

4. Have you heard your sponsor or others in recovery whom you trust and respect talk about how they practice Step 10? What do they do?

5. The literature of AA and other 12-step programs offers guidance on putting Step 10 into action. Generally, they advise at least a daily review, either first thing in the morning, just before going to sleep, or both, examining your actions for unhealthy motives, dysfunctional patterns of thoughts or feelings, or harm done to others (intentional or not). How would such a daily inventory be useful in your recovery? What would you do when you realized you had hurt someone or acted wrongly?

6. A major benefit of a daily inventory is to catch problems early and make amends promptly. This reduces stress by avoiding the buildup of tensions in your relationships with others. Have you had an experience when you realized you had made a mistake and immediately made amends for it? How did that feel, compared to times when you realized you’d done something wrong but left it hanging for a longer time?

Be sure to bring this handout to your next session with your therapist and talk about your thoughts and feelings about the exercise.