



STEP TEN

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

Step Ten tells us to put our AA way of life into everyday practice. This is a maintenance Step to ensure emotional balance. We are trying to establish the discipline of regular, daily soul-searching. We are never at a standstill. We are either moving toward a slip or away from one. This Step helps us monitor which way we are going.

Once we get a handle on the physical aspects of the disease, the danger to slack off arises. Attention must be paid to the mental and emotional aspects of the disease. Negative emotional or mental bingeing can push us toward a drink faster than a physical craving. Now that we have begun to be settled with the past, this Step anchors us in the present.

All inventories are alike in principle, but the time factor distinguishes one from another.

1. *Spot-check inventory.* This is taken at any time during the day when we feel we are getting all tangled up mentally.
2. *End of day inventory.* Here we try to balance the activities of the day—the positive and negative.
3. *Periodic inventory.* This is the updating that takes place during our frequent talks with our sponsor, spiritual advisor, or fellow members.
4. *Annual or semiannual inventory.* This is a general housecleaning, an updating of Step Four.

This practice is a valuable tool to maintain a happy and balanced recovery. Discipline is required to establish the habit of inventory taking, but once established it becomes easier and automatic.

There is a spiritual axiom that says, *Whenever I am disturbed, no matter what the cause, there is something "off the beam" with me also.* The alcoholic cannot afford the luxury of more emotionally balanced people who may live with justifiable anger and resentments. No matter how justified we may feel in indulging in these feelings, we are only victimizing ourselves and walking the dangerous road toward a relapse.

We are seeking progress not perfection. A change in our lives will gradually come, even though we may not perceive it easily.

Learning daily to be aware of, to admit, and to correct our negative qualities is the very essence of character building and contented living. An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will yield the permanent assets we seek.

STEP TEN**DAILY INVENTORY LOG***

Use the following ratings to record your level of function each day. Ask yourself, "How am I doing (excellent, good, average, fair, poor) as I deal with _____?"

4 = Excellent 3 = Good 2 = Average 1 = Fair 0 = Poor

WEEK OF _____ MONTH _____ DAY _____ THROUGH _____ MONTH _____ DAY _____ YEAR _____

CHARACTERISTIC (LIMITATION)	MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN.
Anger/resentment							
Approval seeking							
Caretaking							
Control							
Denial							
Depression/self-pity							
Dishonesty							
Frozen feelings							
Isolation							
Jealousy							
Perfectionism							
Procrastination							
Worry (past or future)							

(continued on next page)

*More Daily Inventory Log sheets (eleven total) are located in Appendix 2 (beginning on page 93). You therefore have a log for a period of about three months.

DAILY INVENTORY LOG (CONTINUED)

Ask yourself, "How am I doing (excellent, good, average, fair, poor) as I deal with _____?"

4 = Excellent 3 = Good 2 = Average 1 = Fair 0 = Poor

CHARACTERISTIC (STRENGTH)	MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN.
Forgiveness							
Generosity							
Honesty							
Humility							
Patience							
Risk-taking							
Self-nurturing							
Tolerance							
Trust							

My Notes:

MY DAILY INVENTORY*

MONTH

YEAR

INSTRUCTIONS: At the end of each day, rate areas that you need to beware of with an X, and put a ✓ next to areas in which you made progress.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
LIABILITY	SELF-PITY																															
ASSET	SELF-FORGETFULNESS																															
LIABILITY	SELF-JUSTIFICATION																															
ASSET	HUMILITY																															
LIABILITY	SELF-IMPORTANCE																															
ASSET	MODESTY																															
LIABILITY	SELF-CONDEMNATION																															
ASSET	SELF-VALUATION																															
LIABILITY	DISHONESTY																															
ASSET	HONESTY																															
LIABILITY	IMPATIENCE																															
ASSET	PATIENCE																															
LIABILITY	HATE																															
ASSET	LOVE																															
LIABILITY	RESENTMENT																															
ASSET	FORGIVENESS																															
LIABILITY	FALSE PRIDE																															
ASSET	SIMPLICITY																															
LIABILITY	JEALOUSY																															
ASSET	TRUST																															
LIABILITY	ENVY																															
ASSET	GENEROSITY																															
LIABILITY	LAZINESS																															
ASSET	ACTIVITY																															
LIABILITY	PROCRASTINATION																															
ASSET	PROMPTNESS																															
LIABILITY	INSINCERITY																															
ASSET	STRAIGHTFORWARDNESS																															
LIABILITY	NEGATIVE THINKING																															
ASSET	POSITIVE THINKING																															
LIABILITY	VULGAR, IMMORAL, TRASHY THINKING																															
ASSET	HIGH-MINDED, SPIRITUAL, CLEAN THINKING																															
LIABILITY	CRITICIZING																															
ASSET	LOOK FOR THE GOOD																															

*At the end of each month, review your chart and write a brief analysis using the worksheet on the following page. Eleven additional Daily Inventory charts and Daily Inventory Review sheets appear in appendix 3 (beginning on page 119). You therefore have a chart for every month of the year to complete.

MY DAILY INVENTORY REVIEW*

INSTRUCTIONS: At the end of each month, review your chart and write a brief analysis below.

YEAR _____

MONTH _____

1. Areas in which I improved:

2. Areas in need of improvement:

3. Other goals for next month:

KEY IDEA 1

AA suggests a daily inventory to disclose our harmful thoughts and actions.

HARDCOVER

PAGE 93, PARAGRAPH 1

PAPERBACK

PAGE 95, PARAGRAPH 1

SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION

Different ways of doing an inventory exist: nightly assessment or morning assessment or spot-check during the day. How to do it is not as important as doing it. We learn to grow in understanding and effectiveness.

KEY IDEA 2

"It is in man's nature that he does not stay put."

HARDCOVER

PAGE 93, PARAGRAPH 2

PAPERBACK

PAGE 95, PARAGRAPH 2

SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION

The times when we seem to be standing still are the times when we are filtering and assessing the ideas and values we pick up in AA.

KEY IDEA 3

We need daily mental checkups to announce the advent of old habits and act as sentries to detect new defects.

HARDCOVER

PAGE 95, PARAGRAPH 4

PAPERBACK

PAGE 97, BOTTOM

PAGE 98, TOP

SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION

Acquiring positive, healing, and nurturing behavior is a discipline. If we shrink from self-examination, fear creeps back into our lives. Fear pushes out faith. Without faith we lose our recovery.

KEY IDEA 4

Our serious problem is self-centeredness.

HARDCOVER

PAGE 97, PARAGRAPH 1

PAPERBACK

PAGE 99, PARAGRAPH 2

SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION

We like to delude ourselves in thinking we are in control. Our ego fits itself to our heart and soul. If our heart and soul are in line with our Higher Power, our ego is in line.

KEY IDEA 5

The antidote is a quick review of our alcoholism.

HARDCOVER

PAGE 97, PARAGRAPH 2

PAPERBACK

PAGE 100, PARAGRAPH 1

SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION

We receive benefits when we share our stories of “what it was like, what happened, and what it’s like now.” When our addiction talks to us about the good times, we need to remember “the rest of the story.”

KEY IDEA 6

The requirement of our program is to make amends if the wrong has harmed anyone.

HARDCOVER

PAGE 98, PARAGRAPH 1

PAPERBACK

PAGE 100, PARAGRAPH 2

SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION

There is a difference between amends and apology. We realize our character can be a force that respects truth, develops will and spirit, accents positive action, and makes all of these assets evident to other people.

KEY IDEA 7

It is not in the nature of the alcoholic to stay put.

HARDCOVER

PAGE 98, PARAGRAPH 5

PAPERBACK

PAGE 101, PARAGRAPH 2

SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION

There is no treading water. I am either making positive progress or moving backward. Success is simply using the abilities we have. We must treat them as practical tools, not “magical gifts.” Nobody travels our road for us.

KEY IDEA 8

Our new personality is not compatible with moral defects or concealed errors.

HARDCOVER

PAGE 99, TOP

PAPERBACK

PAGE 101, PARAGRAPH 3

SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION

“We are as sick as our secrets.” If we tell just one person (sponsor, doctor, and so on), it is no longer a secret. We don’t want to be “sick” anymore. There can be no lies or secrets in our life of recovery. We must always be willing to be entirely honest.

KEY IDEA 9

Nothing is more important to the recovering alcoholic than the maintenance of contented sobriety.

HARDCOVER

PAGE 99, PARAGRAPH 4

PAPERBACK

PAGE 102, PARAGRAPH 1

SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION

Serenity is maintained by the daily practice of the Steps. Will we make a commitment to “take a daily inventory”?

