

Daily 10th Step Worksheet	Who Caused This What Caused This	Don't Feel Safe / Loss of Money Relationships with other people Gets in the way Goals Feel Bad about My Mistakes	What Survival Skill Did I Us that is Now Getting In My Way What Coping Skill Did I Need That Is Getting Me Into Trouble
Resentment (Angry,Gurdge, or I think owes me an amends)	Cause	How Did It Affect Me	What Was My Part
1. _____ _____	_____ _____	_____ _____	_____ _____
2. _____ _____	_____ _____	_____ _____	_____ _____
3. _____ _____	_____ _____	_____ _____	_____ _____
Fears (What scares me enough to make me be act out)			
1. _____ _____	_____ _____	_____ _____	_____ _____
2. _____ _____	_____ _____	_____ _____	_____ _____
3. _____ _____	_____ _____	_____ _____	_____ _____
Self Will (What do I want that I can't have.)			
1. _____ _____	_____ _____	_____ _____	_____ _____
2. _____ _____	_____ _____	_____ _____	_____ _____
3. _____ _____	_____ _____	_____ _____	_____ _____
LIES (I believe and say.)			
1. _____ _____	_____ _____	_____ _____	_____ _____
2. _____ _____	_____ _____	_____ _____	_____ _____
3. _____ _____	_____ _____	_____ _____	_____ _____
Me Become Willing To Turn My Needs, Wants, & Desires Over To God	Things you are willing to trust God with (Stuff you Can Control and Stuff You Can't Control)	Prayers for the people involved in the third step inventory	We become willing to ask God to give them all the things that I want for myself
1 _____	_____	1 _____	_____
2 _____	_____	2 _____	_____
3 _____	_____	3 _____	_____
4 _____	_____	4 _____	_____

This sheet is my attempt to capture the thoughts and stratigies I have heard on SLAA phone meetings. If you have suggestion, corrections, or improvements shoot me a message "recoverylbb@gmail.com" Thanks Scott from TX