

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 Gets in the way Goals / Feel Bad about My Mistakes	What Coping Skills Did I Need That Are Now Getting Me into Trouble What Survival Skill Did I Us that is Now Getting in My Way
Resentment (Angry, Grudge, or I think owes me an amends)	Cause	How Did It Affect Me	What Was My Part
1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____
Fears (What scares me enough to make me be act out)	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____
Self Will (What do I want that I can't have.)	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____
LIES (I believe and say to myself and hear from others and believe.)	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____
Sick Mans Prayer Sick Man like Me Prayer: We realized that _____, who wronged us were perhaps spiritually sick. 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 _____ the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When _____ offended me help me say, "This is a sick man. How can I be helpful to this person? God save me from being angry. Thy will be done."	Character Defects Selfish Dishonest Frightened Self-seeking Inconsiderate	Gods Ideas for Resentment and Fears 1. _____ 2. _____ 3. _____	Gods Ideas for Self-Will and Lies 1. _____ 2. _____ 3. _____

Meditate on the 7th Step Prayer: 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 out from here, to do Your bidding.
Cross out all the Defects That Were Circled. Circle all God's Ideas that you are willing to trust God With