

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. _____	_____	_____	_____
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 _____	_____

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Resentment (Angry, Grudge, or I think owes me an amends)	Cause	How Did It Affect Me	What Was My Part
1. _____ _____	1. _____ _____	1. _____ _____	1. _____ _____
2. _____ _____	2. _____ _____	2. _____ _____	2. _____ _____
3. _____ _____	3. _____ _____	3. _____ _____	3. _____ _____
Fears (What scares me enough to make me be act out)			
1. _____ _____	1. _____ _____	1. _____ _____	1. _____ _____
2. _____ _____	2. _____ _____	2. _____ _____	2. _____ _____
3. _____ _____	3. _____ _____	3. _____ _____	3. _____ _____
Self Will (What do I want that I can't have.)			
1. _____ _____	1. _____ _____	1. _____ _____	1. _____ _____
2. _____ _____	2. _____ _____	2. _____ _____	2. _____ _____
3. _____ _____	3. _____ _____	3. _____ _____	3. _____ _____
LIES (I believe and say to myself and hear from others and believe.)			
1. _____ _____	1. _____ _____	1. _____ _____	1. _____ _____
2. _____ _____	2. _____ _____	2. _____ _____	2. _____ _____
3. _____ _____	3. _____ _____	3. _____ _____	3. _____ _____

Sick Mans Prayer	Character Defects		Gods Ideas for Resentment and Fears	Gods Ideas for Self-Will and Lies	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
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."	Circle the Defects of Character Affected	Selfish Dishonest Frightened Self-seeking Inconsiderate	1. _____ 2. _____ 3. _____ 1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____ 1. _____ 2. _____ 3. _____	