

Today is _____

Step 10/Gratefulness

I am _____ days Sober; _____ after treatment

☐ Start day in prayer "Lord, help me stay sober today. Today, not my will, but Thine be done"

☐ I will go to _____ meeting today

☐ I will avoid trigger people/places/things

Desire to drink: ☐ Choice Process
☐ Replay whole tape
☐ This too will pass
☐ Call Sponsor/Friend

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