

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

1st Step Worksheet

Everything I Hate About My Life	Everything I Did To Change It Strategy Coping Skills Survival Skills	Results Of My Attempts To Change It
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____
6. _____	6. _____	6. _____
7. _____	7. _____	7. _____
8. _____	8. _____	8. _____
9. _____	9. _____	9. _____
10. _____	10. _____	10. _____
11. _____	11. _____	11. _____
12. _____	12. _____	12. _____
13. _____	13. _____	13. _____
14. _____	14. _____	14. _____
15. _____	15. _____	15. _____
16. _____	16. _____	16. _____
17. _____	17. _____	17. _____
18. _____	18. _____	18. _____

The Purpose of the Inventory is PROVE TO YOU in your own words that you are powerless.

THERE IS NOTHING I CAN DO IN MY OWN POWER TO FIX MYSELF

**If you think that you still have the choices of deciding if you are going to act out or not
you still have not accepted that your are powerless.**

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