

Tenth Step Outline

A tool to find freedom from upsetting problems, situation and issues

On a sheet of paper, answer each of the below questions. Be thorough and honest.

1. What is the incident that upset me? *(Note: This can be one incident or a series of incidents).*
2. Why did it upset me?
3. What actually happened in detail? Who was involved? What was said? Where did it happen? When did it happen?
4. What were my reactions: resentment, hate, fear, guilt, anger, and/or remorse?
5. Was my pride hurt in any way?
6. Did I feel envy or jealous?
7. Was sex involved in any way?
8. Did I show greed, gluttony, sloth, or procrastination?
9. Do I feel insecure, unwanted, unloved, rejected, inadequate, confused or frustrated?
10. Do I condemn others or myself? Have I judged?
11. Where was I selfish by:
 - Playing God.
 - Insisting I was right
 - Overly concerned about me
12. Where was I dishonest by:
 - Commission (lying)
 - Omission (omitting the truth)
 - Where did I delude myself?
13. Self-seeking: Where did I step on the toes of others?
14. Where was I afraid:
 - I wouldn't get something I wanted?
 - I would lose something I had?
 - I would get something I did not deserve?
 - I would get something I did deserve?
15. Have I left out any details?

16. Do I have any amends to make? To whom?

17. What should I have done instead?

Character Defects

18. What are the character defects to correct?

19. What is the best possible way to correct each?

20. Do I feel comfortable with the solution?

21. Am I willing to overcome the defects?

Release and Freedom

Read and discuss what you have written with another person. Then sit down and give it to God, saying the Seventh Step prayer that is on page 76 of the Big Book of Alcoholics Anonymous. While you are saying the prayer, keep in mind the character defects you discovered in this 10th step. Then pray for guidance for yourself and the others involved.