

12 Step Journals: Step #10
**Step 10: “We continued to take personal inventory
and when we were wrong promptly admitted it.”**

It doesn't do any good to make a list of our feelings or to become aware of them without tying them to the precise actions that they generate, or in some cases fail to generate. Before beginning a regular practice of personal inventory it's important to understand what we are assessing in an inventory. Step Ten Questions For Personal Inventory can address the general areas that we want to look at in a personal inventory. Please answer the following questions for your journals:

- Are there times in my life when I am confused about the difference between my feelings and my actions? Write about this.
- Have there been some times in my recovery when I've been wrong and not aware of it until later? What were they?
- How do my “wrongs” affect my own life? Others' lives?
- Why is a Tenth Step even necessary? What is the purpose of continuing to take personal inventory?
- What does promptly admitting you were wrong mean- to you?
- Have there been situations in my recovery in which I felt uncomfortable about acknowledging something I had done well (or “right”)? Describe.
- How does the Tenth Step help me live in the present and why is that helpful?
- What am I doing differently as a result of working Step Ten?

Daily Inventory: Action And More Action!

Many recovering addicts from newcomers to old old-timers find an actionable daily analysis of how their recovery is going to be extremely beneficial:

- Have I sought out the guidance of my Higher Power today? How?
- What have I done to be of service?
- Do I see any “old patterns” in my life today? If so, which ones?
- Have I been resentful, selfish, dishonest, or afraid?
- Have I set myself up for disappointment?
- Have I been worrying about yesterday or tomorrow?
- Did I allow myself to become obsessed about anything?

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- Have I allowed myself to become too hungry, angry, lonely, or tired?
- Am I taking myself too seriously in any area of my life?
- Do I suffer from any physical, mental, or spiritual problems?
- Have I kept something to myself that I should have discussed with my sponsor?
- Which defects played a part in my life today? How?
- Was there fear in my life today?
- What did I do today that I wish I hadn't done?
- What didn't I do today that I wish I had done?
- Has there been conflict in any of my relationships today? What?
- Am I maintaining personal integrity in my relations with others?
- Have I harmed another or myself either directly or indirectly, today? How?
- Do I owe any apologies or amends?
- Where was I wrong today? If I could do it over again, what would I do differently and how might I do better next time?
- Did I stay clean today?
- Was I good to myself today?
- What were the feelings I had today and did I use them to choose principle-centered action?
- What did I do to be of service to others today?
- What have I done today about which I feel positive?
- Did I go to a meeting or talk to another recovering addict today?
- What do I have to be grateful for today?