

Outline of a 10th Step Inventory

Adapted from Alcoholics Anonymous pp 64-68

Prayer: God, help me to see the truth about myself. It is plain to see from my past experience that resentment leads to a life of futility and unhappiness. If I am to live, I have to be free of anger. Deep resentment is fatal for me. I cannot wish my resentments away. Facing them and giving them up to you is my only way out.

I'm resentful at:

The Cause:

Affects my: Self-esteem, Ambition, Pocketbooks, Emotional Security (fear), and Personal Relations (including sex), Pride, etc.

Prayer: God, _____ is perhaps spiritually sick. Though I do not like his/her symptoms and the way they disturb me, _____, *like myself*, is sick. God, help me to show him/her the same tolerance, pity, and patience that I would cheerfully grant a sick friend. Show me how I can be helpful to him/her. God, save me from being angry. Grant me the willingness to have this resentment removed. Your will not mine be done.

My Response: I will avoid retaliation or argument. I wouldn't treat a sick person that way. If I did, I would destroy my chance of being helpful. God show me how to take a kindly and tolerant view of _____. I pray for him/her right now.

My Mistakes: The inventory is mine not _____. So I now choose to put out of my mind the wrongs that I feel _____ has done to me. When I am disturbed there is something wrong with me. I resolutely look for my own mistakes. What is my part? Where am I to blame? Where am I at fault? Am I willing to accept that others, like me, are frequently wrong? Am I willing to let God bring me to the place where I see that all around forgiveness is desirable?

Where was I:

- a. **Selfish (attitudes):**
- b. **Self-seeking (actions):**
- c. **Dishonest (with myself/others):**
- d. **Frightened (I'm afraid):**

Prayer: God, I ask you to remove these fears. I want to rely less on myself and more on you. Demonstrate through me what you can do. I am in the world to play the role you assign. Direct my attention to what you would have me be.

Character defects: (examples: controlling, manipulative, passive/aggressive, angry, sarcastic, judging, jealous, self-pity, fearful, impulsive, etc.)