

Are there times in your life when you are confused about the difference between your feelings and your actions? Expand on this.

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In the 12 & 12, it talks of an emotional hangover. Explain this.

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If we don't admit our wrongs promptly what will happen to us?

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What is your plan to allow time for reflection each day?

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What new behaviours would you like to try to make your program more effective?

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How will you go about implementing these?

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How can your sponsor help you with Step 10?

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Have there been times in my recovery when you've made situations worse by talking to someone before you should have?

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Are you still blaming behaviour on someone else?

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Have there been situations in your recovery in which you felt uncomfortable about acknowledging something you had done well?

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Do you believe that your Higher Power can show you how to live?

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What did you do to be of service to others today?

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What are you doing differently as a result of working Step Ten?

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