

Write down Step 10 and learn it.

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How do your wrongs affect your life? Others' lives?

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Why is the Tenth Step necessary?

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What is the purpose of continuing to take personal inventory?

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Have you sought out the guidance of your Higher Power today?

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Have there been some times in your recovery when you've been wrong and not been aware of it until later? What were they?

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

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Have there been times in your recovery when you've made situations worse by blaming your behaviour on someone else?

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Why do you need to be cautious about becoming hungry, angry, lonely, or tired?

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Have you kept something to yourself that you should have discussed with your sponsor?

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