

How does promptly admitting your wrongs help you change your behaviour?

.....  
.....  
.....

By promptly admitting our wrongs, what will this do to our relationships with others?

.....  
.....  
.....

What didn't you do today that you wish you had done?

.....  
.....  
.....

Write about the following three ways to take personal Inventory.

Spot check.

.....  
.....  
.....

Writing out our 10th step inventory.

.....  
.....  
.....

A daily reviewing our emotions and behaviour of the past 24 hours.

.....

.....

.....

What are the problem areas in your life today?

.....

.....

.....

What do you have to be grateful for today?

.....

.....

.....

Give an example of open thinking.

.....

.....

.....

Explain personal responsibility.

.....

.....

.....

**Step 10**

**Client Questions 10.3**

What is a realistic self view?

.....  
.....  
.....

How could you analyse your performance?

.....  
.....  
.....

Why should you consider consequences?

.....  
.....  
.....

Why will facing your fears help you?

.....  
.....  
.....

Give an example of letting go.

.....  
.....  
.....