

Step 10 Workbook v2: Continued to Take Personal Inventory and When We Were Wrong Promptly Admitted It

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

This is the step of daily practice. Step 10 keeps us spiritually fit by helping us catch patterns before they spiral. It's not about perfection—it's about awareness and correction. We take responsibility in real time, not just in hindsight.

Reflection Questions

1. What does a personal inventory look like in your daily life?
2. What emotions or behaviours are red flags that you're off track?
3. How do you typically respond when you realize you're wrong?
4. What's the difference between justification and self-examination?
5. Where in your life are you most resistant to being corrected?
6. What habits help you stay spiritually aware throughout the day?
7. What patterns do you keep catching yourself in—and what are they teaching you?
8. How does prompt admission of wrongs build trust with others?
9. What's one recent situation where you could have made a different choice?
10. How do fear or ego still interfere with your willingness to admit fault?
11. What does it feel like to stay current with your spiritual condition?
12. How would your life change if you practiced Step 10 more consistently?

Quotes from AA Literature

Big Book (4th Edition)

"Continue to watch for selfishness, dishonesty, resentment, and fear." — Big Book, p. 84

"When these crop up, we ask God at once to remove them." — Big Book, p. 84

"We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness." — Big Book, p. 84

Twelve Steps and Twelve Traditions

"We can try to stop making unreasonable demands upon those we love. We can show kindness where we had shown none." — 12 & 12, Step 10

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." — 12 & 12, Step 10

"Our first objective will be the development of self-restraint." — 12 & 12, Step 10

Plain Language Big Book

"This step is how we keep from drifting back into old habits." — Plain Language Big Book

"Step 10 is like a spiritual tune-up. It helps us stay honest and balanced." — Plain Language Big Book

"We admit mistakes quickly so they don't turn into deeper harm." — Plain Language Big Book

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Affirmations

Write affirmations about daily awareness, emotional honesty, and the willingness to grow through discomfort.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer asking for daily guidance to recognize your part, make amends quickly, and stay aligned with your Higher Power.