

STEP 10 INVENTORY BOOKLET

Created using Alcoholics Anonymous (AA) and Overeaters Anonymous (OA) Literature

9th Step Promises

(BB, pp. 83-84)

We are going to know a new freedom and a new happiness.

We will not regret the past, nor wish to shut the door on it.

We will comprehend the word serenity, and we will know peace.

No matter how far down on the scale we've gone,
we will see how our experiences can benefit others.

That feeling of uselessness and self-pity will disappear.

We will lose interest in selfish things and gain interest in our fellows.

Self-seeking will slip away.

Our whole attitude and outlook on life will change.

Fear of people and economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves.

Self-Will / HP's or God's Will

(The Twelve Steps and Twelve Traditions of OA, Second Edition, p. 72; Twelve Step Workshop and Study Guide; OA)

*May also be thought of as:
Character Defect / Character Asset
Liability / Asset
Self-Defeating / Life Affirming*

Dishonesty * Honesty

Fear * Faith / Trust in HP or God

Selfishness / Self-seeking * Interest in Others/ Altruism

Self-centered * Love-centered / HP or God-centered

Inconsiderate * Considerate

Pride * Humility / Seeking HP's or God's Will

Greed * Giving / Sharing

Lustful Thoughts * Respectful Thoughts

Anger * Serenity / Acceptance

Envy * Gratitude

Judgment * Acceptance

Sloth / Procrastination * Taking Right Action

Gluttony * Moderation

Impatience * Patience

Intolerance * Tolerance

Resentment * Forgiveness

Hate * Love / Concern for Others

Harmful Acts * Good Deeds

Self-pity * Gratitude

Self-justification * Humility / Truth

Self-importance * Modesty

Self-condemnation * Self-forgiveness

Suspicion / Jealousy * Trust

Doubt * Faith / Trust in HP or God

Step Four Glossary

(Twelve Step Workshop and Study Guide; OA)

Term	Definition	Synonyms
Ambition	eager or strong desire to achieve something; goals, plans, designs for the future	zeal, longing, appetite, craving, drive, initiative, yearning, desire
Anxiety	unease and distress about future possibilities	fearfulness, worry, excessive concern, fretting
Arrogance	offensive display of superiority or self-importance; overbearing pride; contempt or disregard for others	haughtiness, snobbery, insolence, disdain, conceit
Belief	something accepted as true	strongly held opinion or view (the truth) about how self, others, and the world are; always happens: "Just what I expected"; could be seen as a pattern or a label
Character Defect	"exact nature of our wrongs": ways of handling life that interfere with our happiness, good relations with others, and consciousness contact with our Higher Power	shortcoming, deficiency, flaw, fault, character trait
Conceit	overdeveloped opinion of one's abilities, personality, or worth	vanity, egotism, self-importance, arrogance, pride, swellheadedness, selfishness, boastfulness
Control (excessive)	going to extremes to influence or dominate people or situations	trying to make things turn out MY way: manipulative, domineering
Criticize	to judge harshly	to take someone else's inventory; blame, condemn, disparage, find fault, knock, nag, nitpick, trash, take down, bash, carp, denounce
Discourteous	behavior that is ill-mannered or impolite	crude, disrespectful
Dishonesty	a disposition to cheat, steal, deceive, or lie by commission or omission	lying, lack of integrity, evasiveness, cheating, fraud, stealing, unscrupulousness, living in denial; not speaking my truth or doing what is best for me; not setting boundaries
Doormat	to allow mistreatment of oneself by others	passive, compliant, wishy-washy, afraid to speak up
Envy	resentful desire for another's possessions or advantages	covetousness, jealousy
Expectations	personal rules about how one and others should behave, how the world should work, or how things should be done	rule, standard; normal way for polite or considerate people to behave believe other people will know what I'm thinking without telling them
False Pride	feeling one is entitled to things not earned; feeling a need to stand out or be above others; craving attention and notoriety; feeling better than or less than others	denial, phoniness

Term	Definition	Synonyms
Fear	alarm and anxiety caused by the expectation or realization of danger - real or imagined - such as fear of harm, losing something you have, not getting what you want, snakes, heights, public speaking, success, failure, and so on	alarm, dread, terror, dismay, cowardice, anxiety, apprehension, distrust, uncertainty, phobia; resentful about something that hasn't happened yet; blowing things out of proportion
Gossip	habitual repetition of intimate or private and often sensational rumors or facts	defamation, grapevine, malicious talk, meddling, scuttlebutt, whispering campaign, hearsay, telling secrets
Greed	overwhelming desire to acquire or have wealth or power in excess of what one requires or deserves	avarice, lust, gluttony, voracious appetite, always wanting more, chronic dissatisfaction
Grudge	reluctance to admit or give up a resentment	bitter resentment; wanting revenge or feeling vindictive
Guilt	remorseful awareness of having done something wrong or having failed to do something required or expected	self-condemnation, remorse
Harm	physical or emotional damage	damage, injure, insult, wound, embarrass, debase, hurt, cause a loss, bruise, kill, scar
Impatience	inability to wait patiently or tolerate delay; inability to endure opposition or irritation	restlessness, intolerance
Inconsiderate	not taking the needs and feelings or others into account; see also self-centeredness	thoughtless; not seeing situations from another's perspective; not considering a situation may not be about me
Insincerity	to put up a false appearance	hypocrisy, deceitfulness, phoniness, artificiality, pretense, falseness
Laziness	resistant to work or exertion; avoiding or shirking work	sloth, shiftless, idle
Low self-esteem	lack of acceptance, approval, and respect toward oneself, manifested by personal nonrecognition of one's abilities and achievements and lack of acknowledgment and acceptance of one's limitations	insecurity, under-appreciation, underrated, undervalued, self-deprecation, feeling worthless
Moral	concerned with the principles or right and wrong behavior and the goodness or badness of human character	ethical, virtuous
Negative attitude	tendency to take the most unfavorable view of most situations	chip on one's shoulder; expecting the worst, defeatism, gloomy outlook, negative thinking, pessimism, cynicism
Over-sensitive	unduly sensitive feelings easily hurt	touchy, thin-skinned, fragile
Perfectionism	tendency to set overly high standards; using one's own idea of the right way to do things, and being displeased with anything less; may try too hard or not at all	intolerance, nitpicking, hairsplitting, faultfinding, pettiness, quibbling; need to do everything right; giving up
Pride	what I think others think of me; an inflated sense of one's own personal status (negative aspect); having or showing arrogant superiority to and disdain of others who one views as unworthy; see false pride	conceit, egotistical, boastful, phony, vain

Term	Definition	Synonyms
Procrastination	putting something off until a later date	dawdling, taking one's sweet time
Relationships	social, business, or sexual connections with other people	ties, links, relations, kinship, association
Remorse	bitter regret for past misdeeds	feeling terribly sorry or guilty about previous words or actions; regret
Resentment	indignation or ill will felt as a result of a real or imagined offense; life not going as expected or desired	bitterness, annoyance, anger, grudge, righteous indignation, animosity, hate
Security	basic desire for money, property, and possessions general sense of emotional and physical well-being; feeling of physical, emotional, or financial security	protection, armor, shield
Self-esteem	what I think of myself; an attitude of acceptance, approval, and respect for oneself while recognizing one's abilities and limitations	self-respect
Self-centeredness	concerned only with or primarily with one's own interests, benefits, and welfare without regard for others	selfishness, self-seeking, spoiled, egocentricity; wanting others to do things my way; wanting praise from others; wanting to control the situation; wanting my needs taken care of before others; feeling that I know more than others
Self-pity	feeling sorry for oneself; especially exaggerated or self-indulgent pity	poor me, hopelessness, despair, depression
Self-righteousness	having an exaggerated feeling of one's own virtuousness or rights; confident of one's own rightness, especially when smugly moralistic and intolerant of the opinion and behaviors of others	Sanctimonious, superior, smug, holier-than-thou, preachy
Shame	a feeling, belief, or perception that the self is defective, unworthy, unacceptable, or fundamentally damaged; different from guilt, which is remorse about a specific behavior, not the entire self	unworthy, not good enough, self-disgust
Strengths	positive emotional characteristics	assets, positive attributes, strong points, capabilities
Truth	a statement accepted as true or reality	current understanding or view
Victim	one harmed by an action, a condition, or a circumstance	sufferer, prey, martyr
Worry	tormenting oneself with disturbing thoughts	fret, stew, feel distressed, be overly concerned
Worthlessness	having no value, importance, or usefulness	low, despicable, without merit, insignificant

STEP 10 INVENTORIES

I'm resentful at:	The Cause:	Affects my:	My mistakes*:
Include the following from past and present: family members, friends and associates, people at work, famous people, political figures, strangers, organizations, churches, schools, institutions, concepts, and ideas. <small>(BB, p. 62)</small>		Which instincts have these harms affected? Include social, security, and sex instincts as well as consider what future social, security, and sex ambitions have been damaged. <small>(BB, p. 64)</small> ___ Self Esteem ___ Personal Relations ___ Material Security ___ Emotional Security ___ Acceptable Sex Relations ___ Hidden Sex Relations ___ Social Ambitions ___ Material Ambitions ___ Sexual Ambitions	"Putting out of our minds the harms others have done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened?" <small>(BB, p. 67)</small>
			Go to 7th Step Prayer
Remember that "For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves... Just the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity." <small>(BB, p. 68)</small>			
I'm fearful of:	Why do I have this fear?	Where was my trust and reliance?	What would God have me be?
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7th Step Prayer, (BB, p. 76): <i>My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here to do your bidding. Amen.</i>			
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