

STEP 10 INVENTORY WORKSHEET

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

I'm resentful at: 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. (BB, p. 62)	The Cause:	Affects my: 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. (BB, p. 64) <input type="checkbox"/> Self Esteem <input type="checkbox"/> Personal Relations <input type="checkbox"/> Material Security <input type="checkbox"/> Emotional Security <input type="checkbox"/> Acceptable Sex Relations <input type="checkbox"/> Hidden Sex Relations <input type="checkbox"/> Social Ambitions <input type="checkbox"/> Material Ambitions <input type="checkbox"/> Sexual Ambitions	My mistakes*: "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?" (BB, p. 67)
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." (BB, p. 68)

I'm fearful of:	Why do I have this fear? (Because self-reliance failed me.) (BB, p. 68)	Where was my trust and reliance? <input type="checkbox"/> Infinite God <input type="checkbox"/> Finite Self Did self-reliance work? Yes No	What would God have me be?
Go to Fear Prayer			Go to Spiritual Principles

I'm resentful at: 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. (BB, p. 62)	The Cause:	Affects my: 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. (BB, p. 64) <input type="checkbox"/> Self Esteem <input type="checkbox"/> Personal Relations <input type="checkbox"/> Material Security <input type="checkbox"/> Emotional Security <input type="checkbox"/> Acceptable Sex Relations <input type="checkbox"/> Hidden Sex Relations <input type="checkbox"/> Social Ambitions <input type="checkbox"/> Material Ambitions <input type="checkbox"/> Sexual Ambitions	My mistakes*: "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?" (BB, p. 67)
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." (BB, p. 68)

I'm fearful of:	Why do I have this fear? (Because self-reliance failed me.) (BB, p. 68)	Where was my trust and reliance? <input type="checkbox"/> Infinite God <input type="checkbox"/> Finite Self Did self-reliance work? Yes No	What would God have me be?
Go to Fear Prayer			Go to Spiritual Principles

key ***My mistakes- a few examples**, (Twelve Step Workshop and Study Guide; OA, pp. 52-55):
Selfish (Self-Centeredness): concerned only with or primarily with one's own interests, benefits, and welfare without regard for others, e.g., 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, victim
Dishonest: a disposition to cheat, steal, deceive, or lie by commission or omission, e.g., 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
Fear (Frightened): 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, e.g., alarm, dread, terror, dismay, cowardice, anxiety, apprehension, distrust, uncertainty, phobia, resentful about something that hasn't happened yet, blowing things out of proportion

7th Step Prayer, (BB, p. 76):
 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.

Fear Prayer, (BB, p. 68):
 We ask Him to remove our fear and direct our attention to what He would have us be.

Spiritual Principles, (The Twelve Steps and Twelve Traditions of OA, Second Edition):
 1. Honesty 2. Hope 3. Faith 4. Courage 5. Integrity 6. Willingness 7. Humility 8. Self-Discipline 9. Love and Forgiveness
 10. Perseverance and Acceptance 11. Spiritual Awareness 12. Service and Gratitude

Step 10, (BB, pp. 84-85):
 "We continued to take personal inventory...Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code...What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. 'How can I best serve Thee - Thy will (not mine) be done,' These are the thoughts which must go with us constantly."

Date: