



Step Study Meeting

Step 10

Telemeeting Version

v1.0.0.1



Path to Healing and Recovery
Cambridge - Guelph - Waterloo - Dufferin County

Tri County Recovery - SAA

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moderator

Step 10 - Week 1

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

Volunteer reader

In the Tenth Step we embrace the discipline of regular spiritual housecleaning. Just as we took action to repair the damage we caused in the past, so we continue taking inventory of our behavior, and making amends when needed, in our lives today. Working Step Ten helps us deal with our shortcomings on a daily basis. Even with our best efforts we make mistakes. We are human, and we fall short of the mark regularly, even when we are abstinent from our addictive sexual behavior. In taking the Tenth Step, we commit to keeping our house in order, whether old failings reappear or new ones arise, as they inevitably will.

moderator

Regular inventory is the cornerstone of the Tenth Step. We set aside time to review our behavior, our dealings with others, our emotions, and our spiritual condition. Quiet time for self-reflection, without distraction, is essential. We may each find different ways to set aside this time, and different methods for taking stock. However we work this step, we act on our commitment to making continued self-examination part of our new way of life.

Volunteer reader

Honest self-examination can take many forms. We may mentally review the events of our day or write our inventories in a journal. We may check in with our sponsor or others in recovery, or we may pause for a “spot check” inventory in the moment. Many of us work the Tenth Step daily, though we can also work it as needed when we feel upset, angry, or off balance. Some of us set aside a block of time weekly, monthly, or annually for a more thorough inventory. The important thing is that we repeat the process we began in Steps Four through Nine, in order to keep the gains we have made in recovery and to strengthen our connections with ourselves, with others, and with our Higher Power.

moderator

Many of us take inventory at the end of each day. As we look back, we note what emotions we have felt throughout that day, checking whether particular emotions, such as anger or fear, took center stage. We take stock of our attitudes, the things we say to others, and whether we’re taking care of our own needs. We look at any character defects or old habits that may have revealed themselves. We consider whether we have harmed anyone and need to make amends. We also find it helpful to remember the things for which we are grateful or things we have done well. Gratitude provides a needed perspective on our problems and helps us feel connected with our Higher Power. We ask God’s help with the challenges that face us, while thanking God for the blessings of life and recovery.

Volunteer reader

Some of us choose to put our Tenth Step inventories in writing. We needn't try to solve all of our problems in these written inventories—we just record our current challenges and difficulties, as well as the positive things we notice about ourselves. If we write regularly in a journal, we can use some of our journal time to work this step as well. The act of writing can give us a sense of clarity that we don't always experience in other ways. It can also help us break through the rationalizations that spring from our character defects. Many of us find it useful to later share with our sponsor what we have written.

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Tenth Step Prayer

Help me to be better and live in service,
and when I fail to heed the gift of grace,
help me to see myself for what I truly am,
a humble sinner.

So please, help me to heed your grace so
that I may immediately right those wrongs that I do
commit.

Amen

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

Step 10 - Week 2

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

We can also work the Tenth Step by checking in regularly with our sponsor or other members, or by giving a thorough and rigorous accounting of ourselves at meetings. In addition to honestly admitting our shortcomings and mistakes, many of us use these check-ins to assess how well we are working our program in general. We report honestly any slippery thoughts or behaviors we have been engaging in. We examine the pressures that may tempt us to act out. We review how well we have been using tools of recovery, such as attending meetings, reading recovery literature, making phone calls, or praying. We report how we are taking care of ourselves and what positive risks we are taking to challenge ourselves and grow.

Volunteer reader

When we feel our serenity disturbed, we can use a spot-check inventory to restore our emotional balance. These quick inventories are often helpful when we find ourselves in conflict with someone or otherwise bothered by uncomfortable emotions. We take a moment to look inside and to gain perspective. We often discover unexamined resentments or other character defects at play. We can pause and ask ourselves what our part is in the situation. We can then admit our part and prepare to do whatever is needed to set things right, whether it is making direct amends, adjusting our attitude, or simply letting go.

moderator

It isn't always easy to know when we've been wrong. We may not discover the truth about our behavior until later. When we review our day as part of our Tenth Step, we find ourselves recognizing actions and emotions that we weren't completely aware of at the time. With practice, we learn how to recognize how we are feeling in the moment. We gradually learn to listen to the quiet, gentle voice of our conscience and to notice from within when something feels wrong. As we continue to take personal inventory, we begin to notice our mistakes and hurtful behaviors more quickly.

Volunteer reader

Sometimes our wrongs may carry significant harm to others, as when we lie, cheat, or act out of anger. We don't need to seriously harm someone, though, in order to be wrong. In fact, our less severe wrongs are often far more pervasive and difficult to recognize. We may forget or be late for appointments, make thoughtless comments, break promises or twist the truth, not follow through on commitments, or test other people's boundaries. Over time, we become better at seeing and admitting the influence of our character defects on all aspects of our behavior.

Tenth Step Prayer

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

I pray to remove the selfishness, dishonesty, resentment and fear that has cropped up in my life right now.

Help me to discuss this with someone immediately and make amends quickly if I have harmed anyone.

Help me to cease fight anything and anyone.

Show me where I may be helpful to someone else.

Help me react sanely; not cocky or afraid.

How can I best serve - your will, not mine be done.

Amen

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

moderator

Step 10 - Week 3

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

When we recognize our error, we promptly admit it. First we admit it to ourselves, which means letting go of defensiveness and the desire to be “right” at all costs. Next we may admit it to our sponsor or other support people, especially if we need help in sorting out our amends, and to our Higher Power in prayer. Finally we admit it to those affected by our behavior, and make any amends that are necessary. In some cases, we may need to approach our amends as carefully as we did in Step Nine, and offer reparation if appropriate. Often, however, we don’t need to do more than simply acknowledge our wrongdoing to the person affected.

Volunteer reader

Whatever our wrongs, our promptness in admitting them is essential to the success of this step. The longer we wait to make amends for even minor wrongs, the greater the chance that the situation will worsen. Even more importantly, the longer we wait, the greater the risk to our serenity. Admitting our wrongs as soon as possible helps keep shame and regrets from building up inside us, and allows us to more quickly regain our peace of mind.

moderator

Taking regular personal inventory doesn’t mean that we beat up on ourselves. Neither self-punishment nor excessive vigilance is the purpose of this step. Instead, we come to accept that making mistakes is a fact of life and an essential part of recovery. Step Ten says “when we were wrong,” not “if we were wrong.” Our experience shows that we will be wrong on a regular basis. Some of our mistakes stem from the influence of our familiar defects. Other mistakes will result whenever we grow and take new risks in our recovery. In either case our imperfection is certain, and mistakes are inevitable. We adopt the attitude of learning from, rather than denying, our mistakes. Working this step allows us to let go of both perfectionism and grandiosity. We gradually discover the relief and humility of not having to be perfect.

Volunteer reader

At this point in our recovery, we may have already experienced surprising growth in the quality of our relationships and the quality of our faith. Practicing the Tenth Step helps us continue to grow in self-acceptance, self-awareness, and rigorous honesty. We discover a greater willingness to take risks and learn from our mistakes. We are living in such a way as to keep our accounts balanced and our serenity intact. In gratitude for all we have received from our Higher Power, we move forward to Step Eleven.

Tenth Step Prayer

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Help me to treat others with love and kindness only,
even when I'm grumpy and even when they seem to do me
wrongs.

How can I best serve Thee
Thy will (not mine) be done

Amen

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

Week 4

Week 4 will always be the week we have a business meeting. Starting with January, the first two business meetings will be brief and held at the beginning. Every 3rd month - starting with March, there will be a longer full Business meeting and Group consciousness meeting. The full business meetings will be held on the 4th Tuesday of March, June, September, December. Thus, next Month we will have a full business meeting.

Brief Business Meeting Agenda

- * Finances
- * What is working well, what isn't work well for people.
- * Is the current format still working for people
- * Workshops
- * Study Groups

Volunteers

- * literature
- * meeting facilitator/key holder for the next month
- * greeter for new people
- * Room/signs setup/teardown

Return back to main program and continue with the normal meeting. We will return here for the sharing and weekly reading portion and then later for the prayer later in the main meeting.

Week 4/5

At the discretion of the moderator the format for week 4 will vary.

The format may be a speaker meeting, a discussion meeting with discussions on the Step or, discussion on items in general.

If this is a discussion meeting on Step 1, go to the next page, otherwise refer to the Week 4-5 supplemental bulletin.

Moderator - if you choose a discussion format, read the section on the next two pages and then proceed to the discussion questions and choose a few for the group to think about.

Step 10 - Week 4/5 - Step Reading

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

What Is the Purpose of This Step?

How Do You Complete This Step?

What Are Some Myths About This Step?

You constantly need to apologize to everyone: Some SAA members get hung up on this step because it involves admitting when you've done something wrong. But it isn't so much about apologizing to others as it is being aware of actions that harm yourself and others. It is a very personal process of constant inward reflection.

If Step related discussion questions format selected start here

Step 10 Discussion Questions

Moderator - pick a few questions for people to reflect on.

1. Why is a Tenth Step necessary?
2. What is the purpose of continuing to take personal inventory?
3. How can my sponsor help me?
4. Are there times in my life when I am confused about the difference between my feelings and my actions? Expand on this.
5. Have there been some times in my recovery when I've been wrong and not been aware of it until later? What were they?
6. How do my wrongs affect my own life? Others' lives?
7. "When we were wrong promptly admitted it" -what does this mean to me?
8. Have there been times in my recovery when I've made situations worse by talking to someone before I should have or blaming my behavior on someone else? What were they?
9. How does promptly admitting my wrongs help me change my behavior?
10. Have there been situations in my recovery in which I felt uncomfortable about acknowledging something I had done well? Describe.
11. Why is it important to continue to take personal inventory until it becomes second nature?

Non Step related Discussion Questions

1. Often times, a person's relation with drugs, alcohol, acting out and other compulsive behaviours will change over time. For example, you might've initially acted out only a few times a month as a fun way to relax, but, eventually they became everyday necessity. How has your relationship with acting out behaviours changed from early on to now. Do you still act out for the same reasons or have those reasons changed.
2. The rituals and activities that surround acting out can be difficult to give up. For example, a smoker might enjoy the ritual of having a cigarette - not just the nicotine. Similarly, a sex addict might have difficulty saying good-bye to their strip club buddies, dancers or mistresses. What are some rituals

or activities that you associate with acting out, and how do you feel about giving them up. Do you think you can achieve sobriety without changing your lifestyle.

3. Some people say that addiction is a disease, and others think it's a choice. What do you think and why? How do you believe counseling, support groups or other treatments could help a person who struggles with addiction.

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Tenth Step Prayer - week 4

I pray I may continue to grow in understanding and effectiveness;

To take daily spot check inventories of myself;

To correct mistakes when I make them;

To take responsibilities for my actions;

To be ever aware of my negative and self-defeating attitudes and behaviours;

To keep my willfulness in check;

To always remember I need your help;

To keep love and tolerance of others as my code;

And to continue in daily prayer how I can best serve you,

My Higher Power

Amen

Tenth Step Prayer - week 5

God remove the Selfishness, dishonesty, resentment and fear that has cropped up in my life right now.

Help me to discuss this with someone immediately and make amends quickly if I have harmed anyone.

Help me to cease fighting anything and anyone.

Show me where I may be helpful to someone else.

Help me react sanely; not cocky or afraid.

How can I best serve You – Your will, not mine be done.

Amen

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

