

Step 10 & 11 Big Book and 12 & 12 Evening Review

by Barefoot Bill

I ask that my Higher Power guide me through this meditative and constructive review of the day, being careful not to drift into worry, remorse (which means regret) or morbid (which means unhealthy & unproductive) reflection:

- 1) Did I start the day in prayer and meditation? Did I include my Higher Power throughout the day?
- 2) When facing indecision today, did I ask God for inspiration, an intuitive thought or a decision? If I did seek God's help, did I then relax and take it easy, constantly reminding myself I am no longer running the show? There is a big difference between "making it happen" and "letting it happen".
- 3) Was I resentful, selfish, dishonest, or afraid today? Was I prideful, angry, jealous, or anxious? When these things came up, did I at once ask God to remove them? After seeking God's help, did I then resolutely turn my thoughts to someone I could help? (If resentment lingers, we use the Step 4 four-column Resentment Inventory. If fear lingers, we use the Step 4 four-column Fear Inventory.)
- 4) Was I thinking of myself most of the time or was I thinking of what I could do for others, of what beauty, truth and love I could pack into the stream of life? Were there any cases where my ancient enemy, rationalization, has stepped in and has justified conduct which was really wrong. Was I tempted to imagine that I had good motives and reasons when I really didn't. (I should carefully examine my motives in each thought or act that appears to be wrong. In most cases my motives won't be hard to see and understand.)
- 5) Did I "constructively criticized" someone who needed it, when my real motive was to win a useless argument. Or, the person concerned not being present, did I think I was helping others to understand them, when in actuality my true motive was to feel superior by pulling them down.
- 6) Was I depressed and complained I felt bad, when in fact I was mainly asking for sympathy and attention? (This odd trait of mind and emotion, this perverse wish to hide a bad motive underneath a good one, permeates human affairs from top to bottom. This subtle and elusive kind of self-righteousness can underlie the smallest act or thought.)
- 7) Did I avoid falling into worry, remorse or morbid reflection today? (These things diminish my usefulness to others.)
- 8) Did I hurt someone I love because they needed to be "taught a lesson," when I really wanted to punish?

- 9) Am I keeping something to myself which should be discussed with another person at once? (This includes secrets, inappropriate thoughts & behavior, etc.)
- 10) Did I set right all new mistakes as I went along? Do I still owe an apology?
- 11) Was I kind and loving towards all today? In other words, who did I not love today? (Including myself.) Did I constantly carry the vision of God's will into all of my activities? Did I say to myself many times today, "How can I best serve Thee, Thy will (not mine) be done."?
- 12) Did I remember that real tolerance of other people's shortcomings and viewpoints and a respect for their opinions are attitudes which make us more useful to others?
- 13) Can everyone rely absolutely on anything I say? Did I continue grasping and developing a manner of living which demands rigorous honesty?
- 14) Did I pause, when agitated or doubtful, and ask for the right thought or action?
- 15) In what ways did I forget that love and tolerance of others is our code?
- 16) Did my actions today indicate that I have ceased fighting anything or anyone?
- 17) Is there something I could have done better during my day?

Learning daily to spot, admit, and correct these flaws is the essence of character-building and good living. An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets I shall seek. Here I need only recognize that I did act or think badly, trying to visualize how we might have done better, and resolve with God's help to carry these lessons over into tomorrow. After making my review, I now seek self-forgiveness, God's forgiveness, and now ask for God's help about what corrective measures should be taken and to give me the power to carry it out. Having so considered our day and having searched our hearts with neither fear nor favor, we can truly thank God for the blessings we have received and sleep in good conscience.

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