

10th Step Exercise

Who are the closest people to you? The people you have contact with everyday?

- a.
- b.
- c.
- d.
- e.

INSTRUCTIONS: A.) Write out the answers to the 12 questions below. – BE SPECIFIC!!!

B.) Use your answers to write out a “sober life” Ideal. – Post it!

- 1. Selfishness: [What does it look like when I’m being Selfish with the people listed above?]**

- 2. Dishonest: [What does it look like when I’m being Dishonest? Lies of Omission or Commission?]**

- 3. Resentment: [What does it look like when I’m being Resentful toward others?] [Those times you repeatedly say in your head “Why can’t they just...”]**

- 4. Fear: [What does it look like when I’m frightened? What character defects repeatedly come out?]**

- 5. [What am I afraid of? What about them scares me?]**

- 6. Love and Tolerance of others is our code [What does it look like to be really LOVING to those listed above?]**

- 6a. [What does it look like to be really TOLERANT to those listed above?]**

- 6b. [How specifically have I been FAILING to be loving and tolerant of those listed above?]**

- 7. We have entered the world of the Spirit. [What should the “World of the Spirit” look like? If you are in that world what specific attributes should you have?]**

8. Our next function is to grow in understanding and effectiveness. [What specifically should you be doing daily to grow in understanding?]

8a What specifically is blocking your effectiveness?

8b. What does it look like when I am being understanding and effective? [What specific attributes will I exhibit when I'm "in the zone"?]

9. And we have ceased fighting anything or anyone. [What have you been resisting and struggling with? What makes you restless, irritable or discontented in your day? What makes you cuss or cranky? How's your driving? How are you in a checkout line?]

10. For by this time sanity will have returned. [What does sanity look like in your life? What specific qualities exemplify sanity and reacting "normally" in your life?]

11. The problem has been removed. [What specifically is the problem that is removed?]

11a. So long as we keep in a fit spiritual condition [What specifically does a fit spiritual condition look like? What attributes define a "fit" spiritual condition for you?]

11.b [What are the minimum requirements for "maintenance" to keep "fit" spiritually?]

12. We must carry the vision of God's will into all of our activities. [What specifically is God's will for your life?]

12a. How can I best serve thee. [How can you best serve God? By being the best _____?]

12b. Receiving Strength, Inspiration, Direction, Knowledge, and Power. [What did it LOOK like and FEEL like when this happened in recovery? How can you recognize it again?]

12c. We have begun to develop this vital sixth sense. [What is the sixth sense?]

12d. We have begun to develop this vital sixth sense. [Why is the sixth sense VITAL?]

Write out a Life Ideal using the above answers. Not what you want from sobriety but what you must bring to sobriety. An outline for you to follow describing how you can be effective for God! Post your ideal where you will see it often. Keep a copy to meditate upon every day!
