

Step Ten

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

This step helps us to stay aware of our defects and frees us from the wreckage of our present. We form a habit of looking at ourselves, our actions, attitudes and relationships regularly.

Today we have a choice not to be trapped by old patterns. This step helps us correct our present problems and prevents recurrence. We take the time to examine our day and what our role may have been in any problems that arose. We admit when we are wrong so that issues are not left to fester.

We ask ourselves several questions about our physical, mental, or spiritual state and whether or not we are being drawn into old patterns. A lot of our problems are due to lack of life experience so we look to others for guidance.

We take the time to examine our actions, reactions, and motives while it is still fresh in our mind. This may be done by writing at the end of each day. This step is preventative against repeating actions that make us feel bad.

It is just as necessary to examine the good times so that when we are hurting, we can use the things that helped us during those times.

This step helps us to accept ourselves in the here and now and gives us personal freedom. With a better understanding of who we are, we move on to Step 11.