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10th step worksheet

According to Alcoholics Anonymous (AA), the tenth step is to “Continue to take personal inventory and when we were wrong, promptly admit it.” This tenth out of twelve steps involves an ongoing daily inventory process that encourages individuals to remain vigilant in their recovery journey by regularly examining their thoughts, negative emotions, and behaviors (American Addiction Centers, 2024). The Big Book suggests that the tenth step would be a daily practice that involves taking a personal inventory of one’s emotional state, actions, and potential character defects. After the first nine steps, an individual’s next function is to maintain conscious contact with their higher power, stay grounded in their spiritual program, and make amends quickly before they escalate. The tenth AA step also raises the acid test on whether individuals can stay sober and maintain their purpose and their well-being (Alcoholics Anonymous, 1999). This step 10 AA worksheet is a tool to help through this phase. It can take various forms, such as a nightly inventory or a spot-check inventory throughout the day. An individual can also opt for a more comprehensive inventory discussed with another person in recovery or a sponsor. The key is to approach this step with a willingness to promptly admit when one is wrong and address a character defect that may arise, as this can be a subtle foe in the recovery journey. Click here to view on YouTube The 10-Step Inventory Worksheet is a straightforward and user-friendly tool designed to guide individuals through their daily self-reflection process. Here’s how healthcare practitioners can guide clients on the practical use of this worksheet: Step 1: Download the worksheet and explain the purpose. Download and introduce the 10-Step Inventory Worksheet as a tool for daily self-reflection and personal inventory. Emphasize its importance in maintaining emotional balance, identifying potential triggers or character defects, and fostering personal growth in recovery. Step 2: Walk through the sections. Go through each worksheet section with the client, explaining what each entails. Emphasize the importance of reflecting on actions and emotions from the current day, aligning with the concept of a daily reprieve contingent on progressing through their recovery. Step 3: Emphasize honesty and objectivity. Stress the importance of being honest and objective in their self-assessment. Remind them that this process is not about self-criticism but about self-awareness and personal growth. If they committed something wrong today, reassure them that admitting their resentments and fears is okay and a wrong promptly admitted fosters accountability and helps avoid repeating unhealthy habits. Step 4: Suggest consistent practice. Recommend that the client complete the 10th step inventory worksheet daily, preferably as a nightly review. Consistent practice will reinforce the habit in one’s daily life and enhance its effectiveness. Step 5: Offer support and feedback. Encourage the client to share their insights and experiences with the worksheet during therapy sessions or support group meetings. Provide feedback, guidance, and support to help them navigate any challenges or obstacles in this process. The tenth step inventory is not just a form. It can be a balance sheet acknowledging clients’ resentments, fears, and dishonesty while giving them credit for their wins and a chance to plan their future. Here are some key benefits it offers: Promotes self-awareness: The worksheet facilitates introspection, helping individuals become more aware of a negative emotion or behavior. This heightened self-awareness can lead to better decision-making and improved emotional health in their new life. Encourages accountability: The worksheet fosters personal accountability by prompting individuals to acknowledge wrongdoings or harmful behaviors. This can empower individuals to take responsibility for their actions and focus on their recovery today. Fosters personal growth: The worksheet aids in identifying areas for improvement, thereby improving self-esteem and spiritual condition. Individuals can grow and evolve continuously by reflecting on their actions and planning corrective measures. Helps maintain recovery: Regularly using the worksheet and making it a part of their daily routine can help individuals continue to take personal inventory. It serves as a daily reminder, through foul or fair weather, of their progress and commitment to stay sober and recover. Provides structure: As discussed, this worksheet provides a structured format for daily self-reflection, which can help individuals maintain this practice. Enhances emotional intelligence: It can enhance emotional intelligence by encouraging recognition and understanding of one’s emotions, especially when clients integrate this into their daily practices. This can improve relationships and overall well-being. Supports therapeutic practices: The worksheet assists therapists and counselors in supporting therapeutic practices and facilitating client self-awareness and personal growth. Facilitates mindful living: Regularly using the worksheet can cultivate a habit of mindful living, encouraging individuals to live in the present moment and engage fully with their experiences. American Addiction Centers. (2024, February 2). 10th step in AA: Step 10 explained. Anonymous. (1999). Alcoholics Anonymous: The story of how many thousands of men and women have recovered from alcoholism. Alcoholics Anonymous World Services. Is the step 10 inventory? What is the step 10 inventory? What are the 10th step promises? How do you do a step 10 inventory? How can the 10-Step Inventory Worksheet help a person? A friend once told me that he never goes to bed angry. He simply hands any issues that he has with anyone or anything over to his Higher Power. The unfortunate part, however, is that he doesn’t do an internal check to see where he himself might have gone wrong thereby avoiding a repeat of the situation or correcting what he brought to the problem. In other words, he can, and very often does, find himself handing over the very same things time and time again. Oh, the insanity of it all! When we do look at our part in every situation, we become able to change our part and not have to find ourselves repeating our old, unhealthy habits over and over again. It is then that we can find the peace that we need to sleep well with a clear conscious each night. This is how we are able to start every new day with hope, joy, and gratitude. When we retire at night, we constructively review our day. Take personal inventory on a daily basis and ask forgiveness of your Higher Power. Ask what you can do to correct any mistakes you may have made. Remember to find blessings in life and express your gratitude. It is my personal opinion that the best way to keep a 10th Step Nightly Inventory is through the use of a Step 10 Journal. It keeps all your step 10 notes neatly organized. My favorite 10th Step Journal just happen to be right here on this site and which you can find below! But if your just looking for a form to copy or something to print out, I have a few different selections that you can download and print FOR FREE! Page 2 In this helpful, guided workbook, the author leads us through exercises that enable us to examine our behaviors, thoughts, feelings, and actions in preparation for the Fifth Step and a lifetime of peaceful sobriety. It’s quite normal for us to dread working steps 4 and especially 5. Many of us experience anxiety at the mere thought of having to share our inventory with our sponsors. And on the other hand, many of us are more than willing to share but really don’t know where to start with putting pen to paper. If either of these describes you, then this Fourth Step Workbook is the answer to your problems. It provides nice, neat columns to lay out your Fourth Step inventory lists. Page 3 Designed to support us in our addiction recovery, this workbook heavily draws from the Big Book of Alcoholics Anonymous, which has helped millions around the globe find freedom from addiction. Page 4 A great way to keep your Step work organized to reflect on and share with your sponsor. Each 4-page college-ruled Step includes the Step title, principle, and space for reflection and notes. The journal also includes call-out boxes with prayers, quotes, and AA clichés, as well as recommended readings, what we are working on, and space to note your favorite Step quote. Also includes extensive Step 4 inventory worksheets with 6 different lists. Whether we’re new to addiction recovery or have been on the journey for a while, this journal is a valuable resource to help us stay on track and make progress on our sobriety and healing. Includes 10 pages of Step 4 inventory worksheets. Perfect for any AA or NA member wanting to use the power of pen to paper. Plenty of space at 8.5 x 11 inches and 87 pages Page 5 Complete Your Nightly Inventory in Record Time If the idea of filling out your nightly inventory seems daunting, then this nightly inventory journal is for you! The 5-Minute Nightly Inventory Workbook is designed for those of us who prefer succinct journaling for a quick bird’s eye view of our answers. With 100 days of nightly inventory prompt sheets based on the Big Book of Alcoholics Anonymous, this nightly journal provides a simple format that can be completed in a flash. The date-our-own entries allow us to easily track our progress and see how far we’ve come. This workbook is perfect for those of us who don’t journal in detail but want to stay focused on keeping our house clean. Order your copy of the 5-Minute Nightly Inventory Workbook now and build a strong foundation for continued sobriety. Page 6 INCLUDES DAILY QUOTES AND WEEKLY MANTRAS! Embark on your transformative journey to recovery with this 90-Day Sobriety Tracker & Journal For The Bold & Brave, a thoughtfully designed companion crafted for those of us navigating the path of addiction recovery. This comprehensive 13-week journal is more than a mere notebook—it’s your trusted ally, providing guidance, inspiration, and a space for profound self-reflection. In every carefully crafted page, find solace and strength, reflect on your triumphs and trials, and embrace the beauty of your resilience. This journal is more than just pages; it’s a sanctuary for your thoughts, a witness to your growth, and a testament to your courage. Your story of recovery is unique, and this journal is here to honor and support that journey. Take the next step—invest in your well-being, one heartfelt reflection at a time. Includes 91 two-page prompted daily journal plus 13 weekly reviews and letters-to-self. Perfect for any recovering addict wanting to use the power of pen to paper. Perfectly sized at 7 x 10 inches with 211 pages Page 7 Surrender To Win because Meeting Makers Make It! Keep track of all your meetings and note important aspects of them such as the topic, readings, key takeaways, inspirations, questions for your sponsor, announcements and more. 91 guided 12 Step meeting pages include space for: Date, Time & Location Topic & Speaker Readings, Page #, and Paragraph Key takeaways Inspirations Quotes or Slogans used Questions for your sponsor Announcements Notes 100%(2)100% found this document useful (2 votes)5K views! This document provides guidance on taking a 10th step inventory which involves continuing to take personal inventory, promptly admitting when wrong, and setting right any new mistakes. It in... Save Save 10th STEP Worksheet For Later 100%100% found this document useful, undefined Download (right-click > Save image as) and print one of the three worksheets below to help you go through the nightly inventory. As page 86 of the Big Book suggests: “When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God’s forgiveness and inquire what corrective measures should be taken.”