

## **10th Step Inventory**

**Date:**

**INCIDENT (limited to one sentence):**

- 1. HOW WAS I SELFISH (i.e., thinking only of myself, or not putting myself in someone else's position)?**
- 2. HOW WAS I RESENTFUL (and what was the basis of this resentment)?**
- 3. HOW WAS I AFRAID (How does this demonstrate a lack of faith, misplaced faith, or faith in a negative outcome)?**
- 4. HOW WAS I DISHONEST (by commission or omission)?**
- 5. HOW DID I DEMAND TO CONTROL ("Do it my way")?**
- 6. HOW DID I DEMAND TO BE RIGHT ("I told you so")?**
- 7. HOW DID I DEMAND TO BE A VICTIM ("Poor me" )?**
- 8. HOW WAS I DEFIANT ("Don't confuse me with the facts, I've made up my mind")?**
- 9. HOW WAS I IN DENIAL ("I don't care, I want it my way" )?**
- 10. WHO DID I HURT AND HOW DID I HURT THEM (i.e., who was affected as a result of my action or inaction)?**
- 11. HOW CAN I REPAIR THE DAMAGE (i.e., how can I put right what I've put wrong)?**
- 12. WHAT COULD I HAVE DONE BETTER (i.e., what actions could I have taken to improve the situation)?**

**"Love and tolerance of others is our code."**

**p. 84, Alcoholics Anonymous**