

Step 10 Continued to take personal inventory and when we were wrong, promptly admitted it.

Step 10 A – Continued to take personal inventory

How much do I not want to do any more inventories? How much do I want to be finished with this whole process?

What have I learned by doing amends about where I have more growth to do and could use continuing to take personal inventory?

What areas of my life benefit from frequent examination?

How have I learned that watching my life and examining what I do will help me to keep improving both my serenity and make things work out better?

Where am I likely to start slipping back into old ways of operating and old habits? Who is likely to trigger me back into old modes? What types of triggers still set me off?

How often would examining my actions benefit me?

How would daily check-in with a sponsor help? Or periodic journaling?