

Step 10 Worksheet

Third Step Prayer: *Higher Power, we offer ourselves to You—to build with us and to do with us as You will. Relieve us of the bondage of self, that we may better do Your will. Take away our difficulties, that victory over them may bear witness to those we would help of Your Power, Your Love, and Your Way of life. May we do Your will always! Amen.*

RESENTMENT

I am resentful at: _____.

Because

Affects: Self-esteem? Security? Ambitions?
Personal Relations? Sex Relations?

Fear involved? Yes | No

Offended Prayer: *Higher Power, _____ is spiritually sick. How can I be helpful to them? Higher Power save me from being angry. Help me to avoid retaliation or argument. Your will be done.*

Resentment prayer: *Higher Power, please help me show _____ the same tolerance, pity and patience I would cheerfully grant a sick friend. Help me to avoid retaliation or argument.*

I AM SELFISH BECAUSE:

- I'm playing the Director and they're/life's not following my script
- Not seeing the other person's point of view, problems or needs
- Wanting things my way/not accepting life on life's terms/resisting reality
- Wanting special treatment
- Wanting others to control or dominate
- Wanting to be the best/thinking I'm better
- Thinking others are jealous
- Wanting others to be like me
- Being miserly or possessive
- Wanting more than my share
- Reacting from self-loathing/self-righteousness
- Too concerned about me, my needs, my wants
- Trying to control how people think of/perceive me (image management)/wanting to look good and be liked

I AM DISHONEST BECAUSE:

- Not seeing or admitting where I'm at fault
- Having a superior attitude—think I'm better

- Blaming others or circumstances for my problems
- Not admitting where I've done the same/similarly
- Not expressing feelings or ideas/not being clear about motives
- Lying/cheating/stealing/breaking rules/hiding reality/not facing facts
- Stubbornly holding onto inaccurate beliefs such as...
- Telling myself things that aren't true such as... (e.g. My serenity is dependent upon circumstances rather than on my relationship with my HP.)
- Exaggerate or minimize stories, thoughts, etc.
- Being perfectionistic
- Expecting others to be what they are not
- Setting myself up to be harmed/wronged by telling myself things that aren't true such as... But the truth is...
- I know better than their HP how they need to be acting. But the truth is I have no idea how they need to be acting for their HP's will and purposes to be accomplished.
- I know better than HP how life needs to be going and this should not be happening! But the truth is I have no clue what needs to happen in order for the Greater Good to be the end result.
- _____ must change before I can be happy, peaceful, or OK. But the truth is my peace and happiness is only dependent on the Loving Presence of my HP in my life.
- I have no choice; I have to be upset over this! The truth is I do have a choice and I don't need to be upset. My response and attitude is entirely my choice, my responsibility and free will.
- _____ is the reason that I'm upset; but the truth is, my thinking about _____ is the reason I'm upset.
- I made it mean... But after asking my HP, the truth is...

I AM SELF-SEEKING BECAUSE:

- I'm trying to play their/the HP and trying to force my will
- Manipulating others to do my will
- Comparing and acting inferior/superior
- Trying to control others or circumstances--thinking it's my job to change them!
- Engaging in character assassination (gossip)
- Holding onto a resentment
- Acting to make me feel good/force my solution, rather than surrendering to my HP's will
- Seeking myself in others
- Getting my value from other people's behavior or opinions rather than from my HP
- Seeking my security from others or circumstances rather than from my HP
- Acting to fill the void—that can really only be filled by HP
- Lusting after someone else's experience/comparing

- Ignoring others' needs
- Abdicating my responsibility for my attitude and response to events, circumstances, others
- Getting revenge when I didn't get what I wanted
- Withdrawing when I don't get what I want and holding my happiness "hostage" until my demands are met
- Putting others down internally or externally to build myself up
- Making others/circumstances responsible for my happiness/security/safety rather than my HP
- Playing the victim, protector or savior

I AM FRIGHTENED BECAUSE:

- People's opinions/criticism
- Scarcity—not enough time/money/energy/love
- Rejection/abandonment/loneliness
- Loss/physical injury/suffering/abuse/death
- Not being able to control/change something/someone
- My inferiority/inadequacy/becoming overwhelmed/powerlessness
- I'm not enough/I'm not good enough/I didn't do enough
- Setting healthy boundaries
- Expressing ideas/feelings
- Of relying on HP alone for my sense of ease and comfort, safety, security, value, esteem
- Getting trapped
- Exposure/embarrassment
- Future/living in a state of impending doom/afraid I won't ever feel better

I AM INCONSIDERATE BECAUSE:

- Am I treating myself with respect?
- Thoughtlessly causing hurt or inconvenience to others
- Have I considered that...(ask to see the situation/person more like your HP sees it/them)

FEAR

Fearful of

Why do I have this fear?

- Where was my trust & reliance? Higher Power | My Finite Self
- Did self-reliance work? Yes | No

Fear Prayer: *Higher Power, please remove my fear and direct my attention to what you would have me be.*

Higher Power would have me be

- State whether you owe an amends if harm was done.
- Say what you are going to do to resolutely turn your thoughts to someone you can help.

I will be of service by

- That is all I have. Any feedback?

7th Step Prayer: *Higher Power, we are now willing that you should have all of us, good and bad. We pray that you now remove from us every single defect of character which stands in the way of our usefulness to you and our fellows. Grant us strength, as we go out from here, to do your bidding. Amen.*

Confirm the time for tomorrow's call.