

# Step 10

## *Throughout the day*

*Continue to take Personal Inventory and continue to set right any New mistakes as you go along. You commenced this Way of Living as you cleaned up the past [9th Step]. You have entered the World of the Spirit. You now need to grow in Understanding and Effectiveness and this should continue for your Lifetime.*

### **DIRECTIONS FOR STEP 10 FROM THE BIG BOOK PAGE 84**

1. Continue to **WATCH** for *Selfishness, Dishonesty, Resentment and Fear* and when these crop up, we **ASK GOD** at once to remove them. (84:2)
2. We **DISCUSS** them with someone immediately. (84:2)
3. We **MAKE AMENDS** quickly, if we have harmed someone. (84:2)
4. We resolutely **TURN OUR THOUGHTS** to someone we can help. (84:2)

*Love and Tolerance is our Code.*

### *Remember:*

- We are not cured of alcoholism so we do not let up on our Spiritual Program of action.
- We maintain our Spiritual Condition to receive our daily reprieve from alcoholism.
- Every day we must carry the vision of God's will into all of our activities.
- Think constantly "How can I best serve thee – Thy Will not mine be done."
- We can exercise our will power along this line all we wish. It is the proper use of the will.
- We must go further in action.

### **A 10TH STEP PRAYER FOR GROWTH AND EFFECTIVENESS:**

*"God, please help me Watch for Selfishness, Dishonesty, Resentment and Fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. God, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone today. Amen"*