

Aa Step 10 Worksheet

REVIEW OF RESENTMENTS						
"SELF"						
COLUMN 1	COLUMN 2	COLUMN 3: Which Part of Self Was Affected?			COLUMN 4	Questions
I AM RESENTFUL AT:	THE CAUSE OF THIS RESENTMENT IS:	Social Instinct	Security Instinct	Sex Instinct	Ambitions	What was MY PART in all this? What did I do initially to get the ball rolling? How could I have done things differently?
					What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?	
					Frightened	
					Inconsiderate	
					Dishonest	
					Self-Seeking & Selfish	
					Sexual	
					Security	
					Social	
					Hidden Sex Relations	
					Acceptable Sex Relations	
					Emotional	
					Material	
					Personal Relationships	
					Pride	
					Self-Esteem	
					Prestige	
					Companionship	

AA Step 10 Worksheet is an essential tool for individuals involved in Alcoholics Anonymous (AA) and similar recovery programs. This worksheet is designed to help members reflect on their daily actions, maintain accountability, and identify areas for improvement as they progress through their recovery journey. In this article, we will explore the significance of Step 10, the components of an AA Step 10 worksheet, how to effectively use it, and tips for integrating this practice into daily life.

Understanding AA Step 10

Step 10 of Alcoholics Anonymous states: "We continued to take personal inventory and when we were wrong promptly admitted it." This step emphasizes the importance of ongoing self-assessment and accountability to foster personal growth and maintain sobriety. Unlike the earlier steps that focus on admitting powerlessness and making amends, Step 10 encourages daily reflection and proactive measures to align behavior with recovery goals.

The Importance of Step 10

The commitment to regular self-inventory offers several benefits:

1. **Awareness:** It helps individuals become more aware of their thoughts, feelings, and behaviors, making it easier to identify patterns that may lead to relapse.
2. **Responsibility:** By admitting wrongdoings promptly, members foster a sense of responsibility, which is crucial in building trust and integrity.
3. **Growth:** Continuous reflection encourages personal development and helps strengthen coping strategies.
4. **Connection:** Sharing insights from Step 10 with a sponsor or support group fosters deeper connections and enhances accountability.

Components of an AA Step 10 Worksheet

An AA Step 10 worksheet typically comprises several key sections that guide individuals through the inventory process. While the specific format may vary, most worksheets include the following components:

1. Date and Context

This section allows members to document the date and a brief overview of the circumstances that prompted their reflections. It sets the stage for understanding the context of the day's experiences.

2. Daily Review

In this part, individuals reflect on their day by answering questions such as:

- What went well today?
- What challenges did I face?
- Did I engage in any negative behaviors or thoughts?

This section encourages honest evaluation of both positive and negative

experiences, fostering a balanced perspective.

3. Inventory of Actions

Members are prompted to list specific actions or behaviors that require reflection. This section can be organized into categories, such as:

- Positive Actions: What did I do today that aligned with my recovery goals?
- Negative Actions: Were there moments where I fell short? What contributed to those actions?

This structured approach helps individuals categorize their behaviors and identify patterns.

4. Admitting Wrongs

This crucial section focuses on acknowledging any mistakes made during the day. Members are encouraged to:

- Write down any instances where they were unkind, dishonest, or acted contrary to their recovery principles.
- Identify the impact of these actions on themselves and others.

Admitting wrongs fosters humility and reinforces the importance of accountability.

5. Amends and Resolutions

In this part, individuals outline how they plan to make amends for their wrongdoings. Questions to consider may include:

- What steps can I take to correct my mistakes?
- How can I ensure that I avoid similar behaviors in the future?

This proactive approach emphasizes the importance of taking responsibility for one's actions and committing to personal growth.

6. Gratitude Reflection

Finally, the worksheet often includes a section for gratitude. Reflecting on what one is thankful for can cultivate a positive mindset and enhance emotional well-being. Members can list:

- People who support their recovery journey
- Positive experiences from the day
- Lessons learned from challenges faced

Using the AA Step 10 Worksheet Effectively

To maximize the benefits of the AA Step 10 worksheet, individuals can follow these guidelines:

1. Make it a Daily Habit

Consistency is key. Set aside time each day to complete the worksheet, preferably at the same time, such as before bed. This routine helps reinforce the importance of self-reflection and accountability.

2. Be Honest and Open

Approach the worksheet with honesty and openness. The effectiveness of this tool relies on genuine self-assessment. Avoid minimizing or justifying negative behaviors; instead, acknowledge them fully.

3. Share with a Sponsor or Group

Consider discussing your reflections with a sponsor or at an AA meeting. Sharing insights can provide additional support, accountability, and perspective. It also reinforces the sense of community that is vital in recovery.

4. Review Regularly

Periodically review past worksheets to identify recurring themes or patterns. This reflection can highlight areas of growth and serve as motivation for continued progress.

5. Customize as Needed

Feel free to adjust the worksheet to fit personal preferences or needs. If certain questions resonate more than others, modify or include additional prompts that enhance self-reflection.

Tips for Integrating Step 10 into Daily Life

Incorporating Step 10 into daily life goes beyond filling out a worksheet. Here are some tips to help integrate this practice:

- **Practice Mindfulness:** Engage in mindfulness exercises such as meditation or deep breathing to enhance self-awareness and emotional regulation.
- **Set Daily Intentions:** At the start of each day, set intentions for how you want to behave and respond to challenges.
- **Engage in Self-Care:** Prioritize activities that promote emotional and physical well-being, as they can positively influence daily reflections.
- **Seek Support:** Don't hesitate to reach out to peers, sponsors, or counselors when facing challenges or when feeling overwhelmed.
- **Celebrate Progress:** Acknowledge and celebrate small victories in your recovery journey, reinforcing positive behavior and motivation.

Conclusion

The **AA Step 10 Worksheet** is a powerful tool for fostering self-awareness, accountability, and personal growth in recovery from alcoholism. By regularly engaging in self-inventory, individuals can identify areas for improvement, admit wrongs, and make amends, ultimately strengthening their commitment to sobriety. Whether used as a standalone tool or in conjunction with other recovery practices, the Step 10 worksheet can significantly enhance the journey toward a healthier, more fulfilling life. Embracing this step not only aids in overcoming past challenges but also lays the foundation for a brighter future in sobriety.

Frequently Asked Questions

What is the purpose of the AA Step 10 worksheet?

The AA Step 10 worksheet is designed to help individuals assess their daily behaviors and attitudes, identify any wrongs they may have committed, and encourage continued personal inventory and self-reflection.

How often should I complete the AA Step 10

worksheet?

It is recommended to complete the AA Step 10 worksheet daily to maintain awareness of your actions and to address any issues promptly.

What key elements are typically included in an AA Step 10 worksheet?

Key elements usually include a space to list any wrongs, a reflection on how those actions affected others, and a plan for making amends or improving behavior.

Can I use the AA Step 10 worksheet alone, or is it better with a sponsor?

While you can use the AA Step 10 worksheet on your own, discussing it with a sponsor or a trusted friend can provide additional insights and support in your recovery process.

Is the AA Step 10 worksheet available online?

Yes, many AA-related websites and recovery forums offer downloadable or printable versions of the AA Step 10 worksheet for ease of use.

How does the AA Step 10 worksheet differ from the Step 4 inventory?

The AA Step 10 worksheet is a daily reflection tool focusing on immediate behaviors, while Step 4 involves a more comprehensive inventory of past actions and character flaws.

What should I do if I find it difficult to fill out the AA Step 10 worksheet?

If you find it challenging to complete the AA Step 10 worksheet, consider discussing your feelings with your sponsor or attending a meeting for support and guidance.

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Meetings - Alcoholics Anonymous in Manitoba

The A.A. Manitoba Website maintains listings of online and in-person meetings in all parts of Area 80 (Manitoba). The meeting information is supplied to the web team by Manitoba Central Office and group representatives.

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Alcoholics Anonymous Regina — Regina And Area Intergroup

Alcoholics Anonymous Regina (AA) Regina and the Surrounding Area's Intergroup. — Problems with drinking? Maybe we can help.

Area 91 - Alcoholics Anonymous Saskatchewan

If you have a drinking problem and want to contact someone in Alcoholics Anonymous (A.A.), this website offers a number of ways to do this. Please check the menu items under Contact to reach one of our members in Area 91 or to find a local phone number close to you.

Edmonton AA - Serving the Greater Edmonton Area since 1947

What is AA? Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

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The Big Book - Alcoholics Anonymous

Introduces the Fellowship of Alcoholics Anonymous, then a group of 100 members who had “recovered from a seemingly hopeless state of mind and body.” States the book’s purpose: “to ...

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