

# Printable 10th Step Inventory Worksheet

**10<sup>th</sup> STEP WORKSHEET**

*"Continued to take personal inventory and when we were wrong promptly admitted it."*

**AA Big Book p.88:** "This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code."

**1. List two incidents in the past 24-hrs when your defect of character adversely affected a person or a situation.**

MY DEFECT OF CHARACTER	INCIDENT & SITUATION

**2. If you promptly admitted you were wrong in any of the incidents from the list above, write down how you recognized the defect of character: (Did you notice it first? Or did someone else notice it and inform you?)**

WHO RECOGNIZED IT?	
HOW DID YOU RESPOND?	

**3. If you did not promptly admit you were wrong in any of the incidents from your list, write down how you should behave in the future: (What assets should you practice?)**

WHAT ASSET(S) SHOULD I PRACTICE IN THE FUTURE
(1)
(2)

**4. What have you learned & reflected about yourself through this incident/situation?**

A. Was I behaving according to my moral or spiritual values?	YES	NO
B. Am I being honest today?	YES	NO
C. Am I <b>NOW</b> maintaining personal integrity in my relations with others?	YES	NO
D. Was I slipping back into old patterns when this prior event occurred?	YES	NO
E. Am I <b>NOW</b> seeing myself more realistically as a result of this Step?	YES	NO

**Twelve Steps and Twelve Traditions, p. 89-90:** "The emphasis on inventory is heavy only because a great many of us have never really acquired the habit of accurate self-appraisal. Once this healthy practice has been groomed, it will be so interesting and profitable that the time it takes won't be missed. For these minutes and sometimes hours spent in self-examination are bound to make all the other hours of our day better and happier. And at length our inventories become a regular part of everyday living, rather than unusual or set apart."

©Copyright Dan Thompson, Director of Spiritual Care - Menard Hall Substance Abuse Treatment Center, Port Huron, Michigan

Printable 10th Step Inventory Worksheet is a vital tool used in various recovery programs, particularly in Alcoholics Anonymous (AA) and other twelve-step programs. This worksheet serves as a structured guide for individuals to evaluate their daily behaviors, thoughts, and actions. It encourages self-reflection and accountability, allowing individuals to recognize their shortcomings, rectify their mistakes, and acknowledge their progress. The 10th step, as outlined in the twelve-step program, emphasizes the importance of ongoing personal inventory and the need to promptly admit when we are wrong. In this article, we will explore the significance of the printable 10th step inventory worksheet, its components, how to use it effectively, and the benefits it offers to individuals on their recovery journey.

# Understanding the 10th Step in Recovery

The 10th step is a critical aspect of recovery that focuses on maintaining a continual check on one's behavior. This step encourages individuals to take responsibility for their actions and to keep their moral compass aligned.

## The Purpose of the 10th Step

The primary goals of the 10th step include:

1. Self-Reflection: It promotes awareness of one's thoughts, feelings, and behaviors.
2. Accountability: Individuals are encouraged to take responsibility for their actions and to acknowledge any harm done to others.
3. Growth: Regular inventory helps individuals identify patterns and triggers, fostering personal growth and development.
4. Amendment: It provides an opportunity to make amends to those who have been affected by one's actions.

## The Role of the 10th Step Inventory Worksheet

The printable 10th step inventory worksheet serves as a tangible tool for individuals to document their reflections. It aids in organizing thoughts and promoting a structured approach to self-assessment. The worksheet typically includes sections for:

- Date: The date when the inventory is being completed.
- Thoughts and Feelings: Space to note any significant thoughts or feelings experienced throughout the day.
- Behaviors: A section to document any behaviors that were constructive or detrimental.
- Resentments: A place to record any resentments or grievances held against others.
- Amends: An area to outline plans for making amends or addressing any wrongs identified.

## Components of a Printable 10th Step Inventory Worksheet

To create an effective printable 10th step inventory worksheet, several key components should be included. Below is a detailed breakdown of each section:

## 1. Header Section

- Date: Indicate the date of the inventory.
- Name: A space for the individual's name or initials.

## 2. Daily Reflection

This section prompts individuals to reflect on their day. It can include:

- What went well today?
- Positive interactions
- Achievements or successes
- Acts of kindness or generosity
- What could I have done better?
- Mistakes made
- Missed opportunities
- Instances of negative behavior

## 3. Identifying Resentments

Resentments can hinder personal growth and recovery. This section encourages individuals to:

- List any resentments held.
- Reflect on the reasons behind these feelings.
- Consider how these resentments affect their recovery.

## 4. Making Amends

This part of the worksheet focuses on accountability and healing. Here, individuals can:

- Identify who they need to make amends to.
- Outline specific actions they can take to apologize or rectify the situation.
- Set a timeline for making these amends.

## 5. Gratitude Section

Expressing gratitude is essential for maintaining a positive mindset. This section invites individuals to:

- List three to five things they are grateful for each day.
- Reflect on how these positive aspects contribute to their well-being.

## **How to Use the Printable 10th Step Inventory Worksheet Effectively**

Using the printable 10th step inventory worksheet can enhance its effectiveness if individuals approach it with intention and commitment. Here are some tips for maximizing its benefits:

### **1. Set a Regular Schedule**

- **Daily:** Ideally, the inventory should be completed daily, preferably at the end of each day. This practice helps in maintaining a consistent reflection habit.
- **Weekly Reviews:** Consider conducting a more comprehensive review on a weekly basis to identify patterns and themes over time.

### **2. Be Honest and Vulnerable**

- **Authenticity:** The effectiveness of the worksheet hinges on honesty. Individuals should feel free to express their true feelings and thoughts without fear of judgment.
- **Vulnerability:** Being open about mistakes and shortcomings can lead to significant personal growth and healing.

### **3. Reflect on the Process**

- **Review Past Inventories:** Periodically revisit previous worksheets to track progress and recognize growth.
- **Identify Patterns:** Look for recurring themes in thoughts, behaviors, and resentments to gain deeper insights.

### **4. Share with a Sponsor or Support Group**

- **Accountability:** Discussing the inventory with a sponsor or support group can provide additional accountability and support.
- **Feedback:** Receiving feedback from others can help individuals gain new perspectives and further their growth.

# Benefits of Using a Printable 10th Step Inventory Worksheet

Incorporating the printable 10th step inventory worksheet into one's recovery journey offers numerous benefits:

## 1. Enhanced Self-Awareness

- Understanding Triggers: Individuals become more aware of their triggers, leading to better emotional regulation.
- Recognizing Patterns: Regular reflection helps in identifying behavioral patterns that may need addressing.

## 2. Improved Relationships

- Effective Communication: By acknowledging wrongs and making amends, individuals can foster healthier relationships.
- Reduced Resentment: Addressing grievances reduces the burden of resentment, leading to more positive interactions.

## 3. Increased Accountability

- Taking Responsibility: The worksheet encourages individuals to take ownership of their actions, which is crucial for recovery.
- Commitment to Change: It reinforces the commitment to personal growth and improvement.

## 4. Fostering Gratitude and Positivity

- Positive Mindset: The gratitude section promotes a positive outlook, which is essential for long-term recovery.
- Resilience: Recognizing the good in life helps individuals build resilience against challenges.

## Conclusion

The printable 10th step inventory worksheet is an invaluable resource for individuals in recovery. By providing a structured approach to self-reflection, it encourages ongoing personal accountability and growth. The process of documenting thoughts, feelings, and behaviors not only fosters

awareness but also facilitates healing and strengthens relationships. By committing to regular use of the worksheet, individuals can cultivate a deeper understanding of themselves, leading to a more fulfilling and sober life. Embracing this tool can be a significant step towards achieving lasting recovery and personal transformation.

## **Frequently Asked Questions**

### **What is a printable 10th step inventory worksheet?**

A printable 10th step inventory worksheet is a tool used in recovery programs, particularly in 12-step programs, to help individuals reflect on their daily actions, behaviors, and feelings. It assists in identifying areas for personal growth and accountability.

### **How can I use a printable 10th step inventory worksheet effectively?**

To use the worksheet effectively, set aside time each day to fill it out after reviewing your day. Focus on moments of discomfort, resentment, or joy, and note how you responded to those situations to promote self-awareness and growth.

### **Where can I find a downloadable 10th step inventory worksheet?**

You can find downloadable 10th step inventory worksheets on various recovery websites, support groups, or mental health resources. Many of these sites offer free printable versions that you can customize for your needs.

### **What are the main sections included in a 10th step inventory worksheet?**

A typical 10th step inventory worksheet includes sections for identifying feelings, behaviors, actions taken, and personal reflections. It may also prompt you to consider what you could do differently in the future.

### **Can using a 10th step inventory worksheet aid in personal growth?**

Yes, using a 10th step inventory worksheet can significantly aid in personal growth by encouraging regular self-reflection, helping individuals recognize patterns in their behavior, and fostering accountability in their recovery journey.

## Is it necessary to share my 10th step inventory with someone else?

While it is not mandatory, sharing your 10th step inventory with a sponsor or trusted confidant can enhance the accountability process, provide additional insights, and support your recovery journey.

## What should I do if I find it difficult to fill out my 10th step inventory worksheet?

If you find it difficult to fill out the worksheet, consider breaking it down into smaller sections, setting a timer for short periods, or discussing your feelings with a sponsor or support group to gain clarity and guidance.

Find other PDF article:

<https://soc.up.edu.ph/10-plan/pdf?dataid=OIN30-0646&title=borderline-personality-disorder-survival-guide.pdf>

## [Printable 10th Step Inventory Worksheet](#)

### *Printable Time Cards*

Dec 17, 2020 · I've also added new printable driver logs for delivery or rideshare drivers who need to track mileage and other information. PrintableTimeCards.com also has specialty cards for ...

### Printable Time Cards

Apr 3, 2019 · I've added more than two dozen new printable time card designs to PrintableTimeCards.com, so there are now 211 templates for business owners, freelancers, ...

### **Business Cards to Print Instantly - Free Printable**

Plus, print flag business cards, corporate business cards, cards for kids, square cards, industry-specific cards, and much more. Some of the designs match the free sample resumes at ...

### **Free Printables**

Oct 10, 2024 · FreePrintable.net provides beautiful printable files that you can customize and print on your inkjet or laser printer. There are 103 sites in the Free Printable network: click one of ...

### Free Printable Business Plans

There are even basic, fill-in-the-blanks business plan templates for general reference use. All of the business plan templates are available as DOCs and are free to download, customize in ...

### **Free Printable World Maps**

The new printable maps at PrintableWorldMap.net range from country maps to continent maps. With the addition of these new maps, there are now 575 maps at the site, each free to ...

### *New Free Printable Christmas Stationery*

I'm not a holiday letter-writer but I am excited about the 22 new printable stationery designs I recently added to [www.FreePrintableStationery.com](http://www.FreePrintableStationery.com). There are 22 new seasonal designs to ...

### **New Award Certificates for Kids - Free Printable**

Jul 25, 2023 · I've added fun new batch of printable award certificates to [FreePrintableCertificates.net](http://FreePrintableCertificates.net). The site now has 2,062 certificates! While this site has lots of ...

### **New Printable Signs and Placards**

Feb 15, 2023 · The newest of the nearly 4,500 signs at [PrintableSigns.net](http://PrintableSigns.net) includes placards related to accessibility and safety. Each has a free version to instantly download and print. The ...

### **Printable Legal Forms and Templates**

Previous post: [Printable Character Reference Letters](#) Next post: [Classroom Printables](#)

### **Printable Time Cards**

Dec 17, 2020 · I've also added new printable driver logs for delivery or rideshare drivers who need to track mileage and other information. [PrintableTimeCards.com](http://PrintableTimeCards.com) also has specialty cards for unusual schedules and time intervals and for tracking multiple projects and clients.

#### *Printable Time Cards*

Apr 3, 2019 · I've added more than two dozen new printable time card designs to [PrintableTimeCards.com](http://PrintableTimeCards.com), so there are now 211 templates for business owners, freelancers, volunteers, or anyone else tracking hours. There is a free version of each of the time cards.

### **Business Cards to Print Instantly - Free Printable**

Plus, print flag business cards, corporate business cards, cards for kids, square cards, industry-specific cards, and much more. Some of the designs match the free sample resumes at [InstantResumeTemplates.com](http://InstantResumeTemplates.com) or stationery at [FreePrintableStationery.net](http://FreePrintableStationery.net). Previous post: [Coloring in Reverse!](#) Next post: [Printable Brackets for Tennis and Other ...](#)

#### Free Printables

Oct 10, 2024 · [FreePrintable.net](http://FreePrintable.net) provides beautiful printable files that you can customize and print on your inkjet or laser printer. There are 103 sites in the Free Printable network: click one of the links to the right to get started.

#### *Free Printable Business Plans*

There are even basic, fill-in-the-blanks business plan templates for general reference use. All of the business plan templates are available as DOCs and are free to download, customize in Microsoft Word or another compatible program, and print. Previous post: [Free Printable Planners](#) Next post: [Printable Dot-to-Dot Puzzles](#)

#### *Free Printable World Maps*

The new printable maps at [PrintableWorldMap.net](http://PrintableWorldMap.net) range from country maps to continent maps. With the addition of these new maps, there are now 575 maps at the site, each free to download and print.

### **New Free Printable Christmas Stationery**

I'm not a holiday letter-writer but I am excited about the 22 new printable stationery designs I recently added to [www.FreePrintableStationery.com](http://www.FreePrintableStationery.com). There are 22 new seasonal designs to choose from, all free. They're not just for letters - use them for flyers, signs, invitations, and more.



### *New Award Certificates for Kids - Free Printable*

Jul 25, 2023 · I've added fun new batch of printable award certificates to FreePrintableCertificates.net. The site now has 2,062 certificates! While this site has lots of formal certificates for professional recognition, there are also a ...

### New Printable Signs and Placards

Feb 15, 2023 · The newest of the nearly 4,500 signs at PrintableSigns.net includes placards related to accessibility and safety. Each has a free version to instantly download and print. The new additions to PrintableSigns.net include bold, illustrated informational signs related to accessibility for people who benefit from assistive listening devices, audio descriptions, sign ...

### **Printable Legal Forms and Templates**

Previous post: Printable Character Reference Letters Next post: Classroom Printables

"Download our free printable 10th step inventory worksheet to enhance your self-reflection journey. Discover how this tool can transform your personal growth today!"

[Back to Home](#)