

Step Ten - "The Daily Practice of Serenity"

Your Sponsor's Companion Packet

1 Sponsor's Heartfelt Welcome

Impressive. You have walked through the fire of Step Nine and have begun to experience the promises. The unmanageable life you left in Step One is a distant memory. Now, you begin the most important work of all: *living* in this new freedom.

Step Ten is the master step of maintenance. If Steps Four through Nine were the "deep clean," Step Ten is the daily housekeeping that keeps the "house of recovery" serene and orderly. Socrates said, "The unexamined life is not worth living." Step Ten is the "examined life," and it's the engine of the spiritual awakening, turning it from a one-time event into a continuous, conscious way of living.

2 Core Concept - Continued, Real-Time Awareness

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

The Big Book (4th ed.) lays out this new "way of life" as a simple, powerful, three-part daily practice.

Section	Pages	Core Message
"Into Action" (Primary)	pp. 84-85	This is the <i>entire</i> instruction. It gives us a plan for "the rest of our lives," broken into a spot-check, a nightly review, and a morning plan.
12x12 - Step Ten Essay	pp. 86-95	A profound meditation on this step as a "spiritual muscle" that keeps us fit and prevents new "spiritual hangovers."

3 The Three-Part Daily Inventory (from The Big Book)

Step Ten is not just one inventory; it's a three-part cycle of self-examination that covers your

entire day.

Action	How to Do It	When to Do It
1. The "Spot Check" Inventory	"Watch for selfishness, dishonesty, resentment, and fear." When these crop up, we ask God <i>at once</i> to remove them. We discuss them with someone. And if we have harmed someone, we "promptly admit it." (See "Rapid-Admission" box below).	All Day, In Real-Time
2. The "Nightly Review"	"When we retire at night..." We constructively review our day, like a spiritual balance sheet. "Were we resentful, selfish, dishonest or afraid? ... Or were we thinking of ourselves most of the time?" We ask God's forgiveness and ask what we should have done instead.	Before You Go to Sleep
3. The "Morning Plan"	"On awakening..." We plan our day. "We ask God to direct our thinking... free from self-pity, dishonest or self-seeking motives." We simply ask for guidance and the strength to face the day.	Before Your Day Begins

The "Rapid-Admission Script" (for "Spot Checks")

When you are wrong during the day, the key is to admit it *promptly*.

"I'm sorry. I was wrong just now because I [specific action/thought]. I will [simple

corrective action] now."

Example: "I'm sorry. I was wrong to interrupt you in that meeting. It was disrespectful. I will be sure to listen."

Key Ingredients: 1. Specificity (no "if I hurt you...") 2. Ownership 3. Promptness (do it as soon as possible).

4 Tradition Ten - "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

This tradition is the key to personal serenity. Just as A.A. as a whole *must* stay out of "outside issues" (politics, religion) to protect its unity, *we as individuals* must learn to stay out of the "outside issues" of others' behavior that we cannot control.

Step Ten is the tool we use to enforce this tradition *personally*. When we feel ourselves being "drawn into public controversy" (an argument, a resentment, a fit of self-righteousness), the "spot check" inventory pulls us back. It forces us to ask: "Is this my issue, or an 'outside issue'? Where am I at fault?" This step keeps us focused *only* on our "primary purpose": our own spiritual condition and usefulness to others.

5 Reflection & Integration (Your Daily Log)

Use this as your "Nightly Review" (Part 2 of the inventory) for one week.

Nightly Review for [Date]:

- **A "Spot Check" I Handled Well:** (When was I disturbed? What did I do? e.g., "Felt resentment at my boss, asked God to remove it, and it passed.")
- **A "Spot Check" I Missed:** (When was I wrong and *didn't* admit it? e.g., "I was short with my partner and didn't apologize. I will do it now.")
- **Nightly Review:** Looking at the whole day, where was I...
 - Selfish?
 - Dishonest?
 - Afraid?
 - Resentful?
- **What should I have done instead?**
- **Gratitude:** What was I grateful for today?
- **Morning Plan:** What is my plan for tomorrow? "God, please direct my thinking..."

6 Suggested Follow-Up Reading

Source	Pages / Sections	What to Highlight
Big Book - "Into Action"	pp. 84-85	The entire two pages.

(Primary)		This is the "how-to" manual for the rest of your life.
12x12 - Step Ten Essay	pp. 86-95	The beautiful description of "emotional balance" as the reward for this step.
12x12 - Tradition Ten Essay	pp. 180-185	The discussion on "survival" and how focusing on our one purpose is key.

7 Moving Toward Step Eleven

Step Ten is the "examination" that keeps us clean. It's the "what." It shows us *what* disturbs our serenity and *what* we need to work on.

This leads us perfectly to Step Eleven: **"Sought through prayer and meditation to improve our conscious contact with God as we understood Him..."**

Step Ten provides the *content* for Step Eleven. When we see "resentment" in our nightly inventory, we know what to pray for in the morning. When we feel "afraid" during a spot check, we know we need to meditate. Step Ten makes our spiritual connection practical, targeted, and essential.

8 Quick-Help FAQ

Question	Short Answer
This sounds exhausting! Do I have to do this all day?	It <i>sounds</i> exhausting, but it's actually the opposite. It saves energy. A 10-second "spot check" prevents a 3-day resentment. It's "preventative maintenance."
What if I miss a day on my nightly review?	Don't beat yourself up. Just do it the next night. This is a practice of "progress, not perfection."
What's the difference between Step 4 and Step 10?	Step Four was a "major surgery" on your past. Step Ten is the "daily hygiene" for your present.
Do I have to share my nightly inventory?	No. This is a "personal" inventory. You only

	share the parts you need help with, or when you "promptly admit" a wrong to someone you harmed.
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9 Final Encouragement

This step is the serene promise of a new life. It is the practical, daily path to becoming "happy, joyous, and free." You are building a spiritual muscle, and at first, it will feel unfamiliar. But soon, this "examined life" will become second nature.

You will find yourself catching a resentment before it takes root. You will apologize for a small wrong before it festers. You will wake up with a sense of purpose. This is not a chore; it is the *reward*. It is the conscious, peaceful life you were promised.

-Your Sponsor