



STEP TEN

I continue to take personal inventory, and when I am wrong I promptly admit it.

Steps 10, 11, and 12 are sometimes called the maintenance steps. They repeat many of the points outlined in previous steps, but they emphasize the value of continuing to "work the steps" on a day-to-day basis.

In the past, we spent a lot of time on our problem. That problem was our powerlessness over our own addiction. From this point in our recovery, we move on to spending our time looking at and living in the solution. It is important for you to visualize this change in your mind. You have left your problem behind you. You are no longer powerless. You can now walk in the solution and that solution is your union with Jesus Christ.

Step 10 encourages the taking of a personal inventory, which, for recovering persons, should be a daily process. Here are five components of this ongoing inventory:

1. What are our needs? These include basic needs, such as the need for love, acceptance, and security. Do we recognize these needs? Are they being met in a reasonable fashion?
2. What are our feelings? Especially when we need to allow grief feelings to surface and be expressed. We also need to watch out for deep feelings of resentment, because resentment covers anger, anger covers hurt, hurt usually covers fear, and again, the deepest fear is that our basic human needs are not going to be met. In relationships we fear being rejected or abandoned.
3. What counterfeit, codependent, and addictive means are we using to try to meet our needs? Are we manipulating others? Are we over-controlling others? Are we being a perfectionist or compulsive with ourselves or others? Are we attempting to win acceptance by playing the martyr or the victim role in relationships? Are we compulsively rescuing or enabling others? All of these are trigger questions to help us assess whether we are using bogus means to meet our needs.
4. What is our relationship with our own boundaries or the boundaries of others? It is very important to know that we can set appropriate interpersonal boundaries that are neither too rigid nor too fragile. Can we keep people out as we need to? Are we capable of saying "yes" to the other person, and are we capable of saying "no" as necessary? Also, do we respect the boundaries of others? Do we hear and honor the yeses and nos they give us regarding their boundaries?

5. If we are aware of violating our own boundaries or the boundaries of others, are we able to re-establish new, proper boundaries? Are we able to make amends to those who have been harmed by our violation of their boundaries?
6. Do we admit our wrongs promptly? Unless we admit them promptly, we will store these wrongs, which can be rationalized into "wrongs against us." They may then become resentments, which sabotage our recovery. If we made a mistake, did we forgive ourselves and seek forgiveness from the other person?
7. Our daily inventory also needs to assess the status of our relationship with God. Did we spend time today with Jesus in prayer and Bible study? Have we been involved with the Body of Christ in fellowship and love? Are we putting our trust in God and His Word or in our feelings?

Are we still yielding our wills to Him? Bill Wilson emphasized how crucial this evaluation is, especially for addictive personalities, which tend to be willful. Our need to surrender ourselves to God on a daily basis will go on throughout our lives, and we shall explore the means of that continuing spiritual surrender in Step 11.

Think back to your addiction in the past. What happened in your daily life just before you slipped and fell? Maybe someone pushed you in a corner after a series of incidents had occurred in your day. You let the negative incidents pile up and told yourself that you could handle it. Instead, they pulled you down until you felt hopeless and helpless about your situation. Then the old addiction called out to you.

How should you deal with incidents when they happen? Here are some ideas:

1. Go to prayer immediately. Ask God for help.
2. Get your mind on God's promises for your life. Study your Bible or think about some scriptures that you have memorized. Read or speak positive confessions about your life.
3. Change your environment. Exercise; take a walk or a swim.
4. Ask for help. Call or talk with a Christian friend. Contact your sponsor.
5. Assess your physical body as well. Are you exhausted? If so, get some sleep. Have you eaten today? If not, choose something healthy to eat.

As you learn to recognize and turn over negative incidents to God as they occur, they do not pile up and add on to each other. Temptations will always come to us as long as we are alive and live in a fleshly body. How to win the struggle against temptation is described in Ephesians 6:10-18. This translation is from the Message Bible:

...God is strong, and he wants you strong. So take everything the Master has set out for you, well-made weapons of the best materials. And put them to use so you will be able to stand up to everything the Devil throws your way. This is no afternoon athletic contest that we'll walk away from and forget about in a couple of hours. This is for keeps, a life-or-death fight to the finish against the Devil and all his cohorts. Be prepared. You're up against far more than you can



handle on your own. Take all the help you can get, every weapon God has issued, so that when it's all over but the shouting you'll still be on your feet.

Truth, righteousness, peace, faith, and salvation are more than words. Learn how to apply them. You'll need them throughout your life. God's Word is an indispensable weapon. In the same way, prayer is essential in this ongoing warfare. Pray hard and long. Pray for your brothers and sisters. Keep your eyes open. Keep each other's spirits up so that no one falls behind or drops out.

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What does *continue* of this step mean?

Why is *promptly* admit it important?



What is your plan to spend time with God each day? Some examples would be reading the Bible, listening to biblical teaching CDs, and/or giving back to others.

What are your triggers for addictive behavior? How can you guard against them or prepare for them?