

10th STEP WORKSHEET

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

(Alcoholics Anonymous, Alcoholics Anonymous World Services, Inc.)

1. List the incidents and circumstances over the past week when you have practiced any of your defects of character:

Incident	Circumstance
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	

Attach a page if necessary.



- If you promptly admitted you were wrong in any of the incidents in #1, write down how you recognized the defect of character and how you promptly admitted you were wrong:

Incident Recognition	How You Promptly Admitted
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	

Attach a page if necessary.

- If you did not promptly admit you were wrong in any of the incidents in #1, write down how you would like to behave in the future:

Incident Recognition	Preferred Behavior
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	



HEALTH
INTENTION
SPIRITUALITY
PRUDENCE
ACCURATE THOUGHT
LOVE
SELF-EFFICACY

