

# Step 10: Continue To Take Personal Inventory And When We Are Wrong, Promptly Admit It

The Tenth Step of AA is not about taking inventory once a day. It's about our inventory taking **us** throughout the day. The tenth step is about constantly seeking deeper experiences in the moment.

As we practice this, we begin to see ourselves as if from above, watching ourselves engaged in the human experience. We watch ourselves make the mistakes that all humans make, with the detachment that comes from looking at ourselves from an entirely different angle, detached from ego.

**The difference between those of us in recovery and other people, is that we no longer have the option to operate on self will.**

The Truth revealed out of our current experience with powerlessness and unmanageability has removed the option of us running our lives on self-will or self-reliance anymore.

We have become without choice in this matter. Therefore, the tenth step is vitally important to the continuing awareness that is needed to grow in understanding (our spirit life) and effectiveness (our human life).

## Tools For Tenth Step Mastery

- **Continue** this path of spirituality in recovery constantly. When we have no choice, we must continue vigorously throughout our lifetime,' in each and every moment.
- **Watch** – not wait – for selfishness, dishonesty, resentment, and fear.
- **Ask** immediately for God to remove them.
- **Discuss** instances of selfishness, dishonesty, resentment and fear, with someone immediately. By using conscious action to surrender to the present moment and overcome egotistical thinking.
- **Amends** is something we must make quickly when we have harmed anyone.
- **Turn** our thoughts to someone we can help. Spiritually, emotionally, and mentally, **turn** your thought life away from your selfishness. Love and tolerance of others is our code.
- **Cease** to fight anything or anyone. We must stop fighting with ourselves and other. Only the ego desires to fight everyone and everything to prove its existence and worth. Giving the ego what it desires results in a conscious separation from God, others, and Self.
- **Position** yourself in a mindset of neutrality. Only the ego demands black or white answers. Taking non-neutral and un-natural stances drive and force our egos to defend its position. When we defend, we shut ourselves off from the "sunlight of the Spirit."
- **Vision** of God's Will is something we must remain open to during all of our daily activities. We must ask ourselves in every situation, "What is the highest good?" We must watch, listen, and not struggle for the answer. Given time, the right answers come.
- **Will** power. This tenth step process is designed to gain Power and to get Real Purpose so that Will can now be used the way it was intended to – to be of maximum service to God and the people about us.

