

## 10<sup>th</sup> Step Inventory

The 10<sup>th</sup> and 11<sup>th</sup> steps can both be worked from the beginning of recovery. Getting in the habit of working with these steps daily can be critical to your long-term sobriety.

**Persons or principles resented or feared:**

\_\_\_\_\_ [ ] Resentment [ ] Fear { } Both **Was harm caused?** Yes [ ] No [ ]

**Character Defects Aroused** [ ] pride [ ] greed [ ] lust [ ] gluttony [ ] sloth [ ] envy [ ] wrath

\_\_\_\_\_ [ ] Resentment [ ] Fear { } Both **Was harm caused?** Yes [ ] No [ ]

**Character Defects Aroused** [ ] pride [ ] greed [ ] lust [ ] gluttony [ ] sloth [ ] envy [ ] wrath

\_\_\_\_\_ [ ] Resentment [ ] Fear { } Both **Was harm caused?** Yes [ ] No [ ]

**Character Defects Aroused** [ ] pride [ ] greed [ ] lust [ ] gluttony [ ] sloth [ ] envy [ ] wrath

\*\* Note: pride (thinking you're better than everyone else), greed (wanting more than you need), lust (excessive sexual desire), gluttony (overeating), sloth (laziness), envy (jealousy of others), and wrath (extreme anger)

Using a scale in which 1 = low and 5 = high, score yourself daily upon reflection at the end of your day.

| Moving Further Into Recovery | Score | Moving Toward Relapse        | Score |
|------------------------------|-------|------------------------------|-------|
| Honest with Self             |       | Dishonest with self          |       |
| Honest with others           |       | Dishonest with others        |       |
| Hopeful                      |       | Depressed                    |       |
| Grateful                     |       | Self-pitying                 |       |
| Responsible/Industrious      |       | Procrastination/Laziness     |       |
| Helpful to others            |       | Hurtful to others            |       |
| Minding my own business      |       | Gossiping/Chastising         |       |
| Behavior good for my body    |       | Behavior damaging to my body |       |
| Caring                       |       | Indifference                 |       |
| Forgiving                    |       | Anger and resentment         |       |
| Contentment                  |       | Envy                         |       |
| Moderation                   |       | Gluttony                     |       |
| Respectful                   |       | Disrespectful                |       |

Comparing today to yesterday, how and in what areas did I improve today?

What shortcomings interfered with my recovery today and how quickly did I become aware?

What, if anything, do I wish I had done differently today? What can I improve tomorrow/

Do I owe anyone an amends to because of something I did or did not do today?

| Name or Identity | √ when done |
|------------------|-------------|
|                  |             |
|                  |             |
|                  |             |