

TENTH STEP *-Love & Tolerance of Others is our Code*

- ✓ **Continue to watch for Selfishness, Dishonesty, Resentment, and Fear.**

When these crop up we:

1. Ask God at once to remove them
2. Discuss them with someone immediately
3. Make amends quickly if we had harmed anyone
4. Resolutely turn our thoughts to someone we can help

- ✓ **“How can I serve thee – thy will (not mine) be done”**

These are the thoughts that must go with us constantly

MEMORIZE:

4 ITEMS TO WATCH OUT FOR

4 ACTIONS TO TAKE WHEN THEY CROP UP

PRAYER THAT GOES WITH US CONSTANTLY

ELEVENTH STEP

Morning Practice

On awakening let us think about the 24-hours ahead. We consider our plans for the day.

- ✓ Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives (suggest to write it down)
- ✓ In thinking about our day, we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle.
- ✓ Conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful to never pray for our own selfish ends.

Daytime Practice

- ✓ As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.
- ✓ We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done."

Nighttime Practice

- ✓ When we retire at night, we constructively review our day.
 1. Were we resentful, selfish, dishonest or afraid? (inconsiderate)
 2. Do we owe an apology?
 3. Have we kept something to ourselves which should be discussed with another person at once?
 4. Were we kind and loving toward all?
 5. What could we have done better?
 6. Were we thinking of ourselves most of the time?
 7. Or were we thinking of what we could do for others, of what we could pack into the stream of life
- ✓ After making our review, we (a) ask God's forgiveness and (b) inquire what corrective measures should be taken.

"We Alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined." (Outline- BB pages 84-88)