

Step Ten Summary Guide

“Continued to take personal inventory and when we were wrong, promptly admitted it”

Love & Tolerance of Others is our Code

Clear cut directions for step 10 are on pages 84-85:

Continue to watch for:

- 1- Selfishness
- 2- Dishonesty
- 3- Resentment
- 4- 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:

- 1- THE 4 ITEMS TO WATCH OUT FOR**
- 2- THE 4 ACTIONS TO TAKE WHEN THEY CROP UP**
- 3- THE PRAYER THAT GOES WITH US CONSTANTLY**

If they are not memorized, we will not see them creep up or know what to do when they creep up, and ultimately, we will not be able to make it “a working part of the mind” which is necessary to “maintain and grow our spiritual experience”, which is “our only hope”.