

# Step Ten Daily Inventory

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

*If you are feeling something other than...*

- Compassionate
- Curious
- Calm
- Clear
- Courageous
- Connected
- Confident
- Creative

*...there's something to write about.*

*All form elements are optional - only complete what is necessary for today.*

## Today's Date



Day Month Year

**Describe the action/incident that led to the disturbance. What happened? What did you observe?**

**What core need(s) were trying to be met by this action? Your needs... Another's needs.**

**What was the story ('should') that led to the disturbance? What were you attached to that didn't happen as you wanted it?**

**Which character defects arose in relation to this issue? Were you:**

ANGER / Rage

GLUTTONY

LUST

Abandoned

Approval Seeking

Co/dependency

Cowardice

Egotistical

Head-Centred

Impatient

Indecisive

Isolated / Withdrawn

Manipulative

Narrow

Obsessive-Compulsive

Perfectionism

Rationalisation

Self-righteous

Smart Ass / Sarcastic

Temperamental

ENVY / Triggered

GREED

PRIDE

Anxious / Fearful

Arrogance

Condescension

Denial / Dishonest

Emotionally Deprived

Immature

Inconsiderate

Insincerity

Jealousy

Mistrust

Negative Thinking

Passive Aggressive

Procrastination / Lazy

Selfish

Shameful / Self-pity

Tactless

Vanity / Frivolous

**When you believe the story and the defect arises, what is the impact on yourself and others?**

**Which part of this situation is actually within your control?**

**What do you need to hand over?**

**What is the next right thing?**

**Top line behaviour:**

**Apology/amends:**

**Tool of recovery:**

**Spiritual Principles**

- |                        |                   |              |
|------------------------|-------------------|--------------|
| · Acceptance/Surrender | · Honesty         | · Empathy    |
| · Trust and faith      | · Courage         | · Integrity  |
| · Patience             | · Awareness       | · Discipline |
| · Humility             | · Willingness     | · Service    |
| · Forgiveness          | · Compassion/Love | · Integrity  |

**Gratitude associated with a spiritual principle. eg, because of my acceptance, I was able to stay**

**connected to my friend when I was triggered.**

**My To Do List:**

**Tomorrow I will try for better things**