



10 Questions for Step 10

1. Was I resentful?
2. Was I dishonest?
3. Did I promptly admit when I was wrong today?
4. Do I owe an apology?
5. Did I do or say something today out of fear?
6. Have I kept something to myself which should be discussed with another person at once?
7. Did I think today of what I could do for others?
8. Was I kind and loving towards all?
9. Did I reach out to someone in recovery today to see how they were doing?
10. Did I take the time to connect with my higher power through prayer or meditation today?