

Tenth Step Turn Around

Resentment Inventory:

1. Who are you angry, resentful, R.I.D. (restless, irritable and discontent) with?

2. What did it affect?

- a. Self – esteem
- b. Ambition
- c. My security
- d. Personal relations
- e. Sex relations
- f. Pocketbook
- g. Is there any fear?

3. Say the sick Man's prayer:

God I realize that _____ is perhaps, spiritually sick.

Though I do not like _____

_____ symptoms and the way they disturb me,

_____ like myself, is sick too.

Help me show _____ the same tolerance, pity and patience that I would cheerfully grant a sick friend. Help me to avoid retaliation or argument.

How can I be helpful to _____?

Help me to stop clinging to this resentment.

Save me from being angry. Thy will be by done.

4. The turn-around: What's my part?

a. Where was selfish: What did I want?

b. Dishonest: What's the lie I tell myself? Or how did I go against who I am?

c. Self- seeking: What action did I take to get what I wanted? Was I allowing others to define my self-worth?

d. What was I afraid of losing or not getting? (Carry the fear through a fear turn around). ("I was afraid of not getting what I wanted, losing what I have or of what other people think of me!" Katie G.)

Fear questions:

What is my first memory where this fear came into play?

How did this fear try to protect me?

How did this fear become a defect?

How does this fear fail me?

FEAR Turn Around:

1. What

am I afraid of?

2. Why do I have this fear?

3. How did self-reliance fail me?

4. Who am I relying on? God or me? What would it look like if I were to rely on God?

5. Fear Prayer: Turnaround: What's my part?

a. God, please remove my fear and direct my attention to what you would have me be?

6. What would God have me be? (Would he want you to be surrendered about the outcome? Would he want you to be accepting of life on God's terms? (Pg. 417-420).

7. End with asking yourself the question, "Can I say Thank you God, now, in the midst or beginning of the storm or whatever I'm scared about? "Thank you God for this! Help me to fit myself to what is ("Our real purpose is to fit ourselves to be of maximum service to God and the people about us. Pg. 77) and not try to change it or fix it, but help me to be thankful and depend on you! (Pg. 98).

Sex Inventory Turn Around (only if indicated and is not part of resentment or fear inventory.):

1. Whom did I hurt?

2. Where was I selfish? Dishonest? Inconsiderate? Arouse jealousy? Suspicion, bitterness, where was I at fault? (Where did I give mixed messages, manipulate or use some one?)

3. What should I have done instead? This is where making a sex –ideal is important so you don't repeat the same behaviors. Please see the document, 'Ideals').

4. In this relationship, was I selfish, self-seeking, dishonest, fear-filled?

5. The Prayer:

a. God please mold my ideals and help me to live up to them.

b. In mediation, we ask God what we should do about the matter?

c. We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity and for the strength to do the right thing.

d. If sex is very troublesome, we throw ourselves upon others! (Only kidding!)

Step 5:

(Call a recovered person to do this turn around with.)

Step 6:

1. What character defects did I see come out of this fear or resentment turn around (or sex inventory if applicable?).

2. Are you ready to have God remove these character defects?

Step 7:

If you are ready, you are going to then say the 7th step prayer:

“My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character that stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here to do your bidding. Amen” (Pg. 76)

Step 8:

Have I caused any harm in this fear or resentment with my actions (or my words)?

Step 9:

Is there any direct amends I need to make? Do I need to make or start a living amends?

Step 10:

Do you feel this inventory is complete? Yes or No? If not, you need to hang up and call someone else!

Step 11:

Would you be willing to say a prayer out loud; Perhaps a thank You, God for this inventory and what I have learned?

Step 12:

Who will you turn to now and share your experience, strength and hope? “Then, we resolutely turn our attention to helping someone else!” (Pg.84b) (Ask God, ‘Who would you like me to help?’) And now, you are done!!!

*See the AA 12 & 12, Pg. 90 (we cannot afford the luxury of a resentment!)

*AVFY Special Ed.: October 2013, Louisa (as well as Harlan and Leah are involved)

Courtesy of Terry H. from Maine and Sally A. of NJ