

Step Ten (84:2-85:2)

The 10th Step Instructions:

1. (84:2) Continue to take Personal Inventory and continue to set right any New mistakes as you go along.
2. (84:2) We commenced this Way of Living as we cleaned up the past [4th Step].
3. (84:2) We have entered the World of the Spirit.
4. (84:2) We now grow in Understanding and Effectiveness and we continue for our Lifetime.
5. (84:2) Continue to Watch for Selfishness, Dishonesty, Resentment and Fear and when these Crop up, we ask God to remove them.
6. (84:2) We discuss them with someone immediately.
7. (84:2) We make amends quickly, if we have harmed someone.
8. (84:2) We resolutely turn our thoughts to someone we can help.
9. (84:2) Love and Tolerance is our Code.
10. (85:1) We are not cured of alcoholism so we do not let up on our Spiritual Program of action.
11. (85:1) We maintain our Spiritual Condition to receive our daily reprieve from alcoholism.
12. (85:1) Every day we must carry the vision of God's will into all of our activities.
13. (85:1) Think constantly "How can I best serve thee - Thy Will not mine be done." We can exercise our will power along this line all we wish. It is the proper use of the will.
14. (85:1) We must go further in action. [to Step 11]

A 10th Step prayer for Growth and Effectiveness:

"God, please help me Watch for Selfishness, Dishonesty, Resentment and Fear. When these crop up in me help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Father, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone today. Amen"(84:2)