

Practice of Steps 10 and 11

Adapted from the P-68 program's "Little Book"

Now we'll do Step 10, just as it suggests in the AA Big Book on page 84.

A. The Big Book says, *Continue to watch for selfishness, dishonesty, resentment, and fear.*

Let's ask ourselves:

Right here, right now, am I being **selfish**?

(Wait about ten seconds or so.)

Right here, right now, am I being **dishonest**?

(Wait about ten seconds or so.)

Right here, right now, am I **resentful**?

(Wait about ten seconds or so.)

Right here, right now, am I **afraid**?

(Wait about ten seconds or so.)

Now we ask ourselves: Looking back over the last days or weeks, was I selfish, and some of that selfishness is still with me?

(Wait about ten seconds or so.)

Looking back over the last days or weeks, was I dishonest, and some of that dishonesty is still with me?

(Wait about ten seconds or so.)

Looking back over the last days or weeks, was I resentful, and some of that resentment is still with me?

(Wait about ten seconds or so.)

Looking back over the last days or weeks, was I afraid, and some of that fear is still with me?

(Wait about ten seconds or so.)

B. Now the Big Book says, *When these crop up, we ask God at once to remove them.*

Let's ask whatever Higher Power we have to remove the selfishness, dishonesty, resentment, or fear.

C. Now the Big Book says, *We discuss them with someone immediately.*

We tell someone how we are feeling. Remember, the focus is on the *feeling*. Don't spend too much time on the details of *why* you feel the way you feel. In groups of twos or threes, let's do this part of the Step.

(Give three or four minutes for the discussion.)

D. Now the Big Book says, *We make amends quickly if we have harmed anyone.*

Let's ask ourselves, *Do I owe an amend around what I just discussed?* The answer may be yes or no.

E. Now the Big Book says, *Then we resolutely turn our thoughts to someone we can help.*

Let's think of someone we can help.

F. Now the Big Book says, *Love and tolerance of others is our code.*

Let's ask ourselves, *Do I now feel love, or at least a little more tolerance, for the people I thought about during this session?*

G. Now we'll do Step 11

At the bottom of page 87 in the AA Big Book, at the start of the last paragraph, there is a brief summary of Step 11. It says, *As we go through the day, we pause when agitated or doubtful and ask for the right thought or action.*

Let's ask ourselves, *Right here, right now, am I agitated? Right here, right now, am I doubtful?* Because we have just done Step 10, **we may all be uncertain**. We may not know what to do about the issues that came up in Step 10.

The Big Book says on page 68, *In meditation, we ask God what we should do.* Using that suggestion, let's take four minutes to ask our Higher Power for the right thought or action. You may wish to meditate, to pray, or just to sit in silence.