

A Short Version of Steps 10 and 11

This is only a suggestion for people seeking a way to do Step 10 in a couple of minutes or so.

Step 10

- **We ask ourselves: *Right here, right now, am I being selfish, dishonest, resentful, or afraid?***
If the answer is *No*, we go on to Step 11 below. If the answer is *Yes*, then ...
- **We ask whatever Higher Power we have to remove the selfishness, dishonesty, resentment, or fear.**
When we've done that, we ask ourselves, *Has the selfishness, dishonesty, resentment, or fear gone away, or partly gone away?*
If the answer is *Yes*, we go on to Step 11 below. If the answer is *No*, then ...
- **We discuss them with someone immediately.**
We can call someone.
We can text someone.
If this is not possible, we try to contact someone as soon as we can.
Now we ask ourselves, *Has the selfishness, dishonesty, resentment, or fear gone away, or partly gone away?*
If the answer is *Yes*, we go on to Step 11 below. If the answer is *No*, then ...
- **We ask ourselves if we have some amends that we need to make.** (The answer may be *No*.)
If we can, we make that amends.
If we can't, we try to make amends as soon as we can.
Now we ask ourselves, *Has the selfishness, dishonesty, resentment, or fear gone away, or partly gone away?*
If the answer is *Yes*, we go on to Step 11 below. If the answer is *No*, then ...
- **We resolutely turn our thoughts to someone we can help.**
Now we ask ourselves, *Has the selfishness, dishonesty, resentment, or fear gone away, or partly gone away?*
If the answer is *Yes*, we go on to Step 11 below. If the answer is *No*, then ...
- **Love and tolerance of others is our code.**
We ask ourselves, *Do I now feel love, or at least a little more tolerance, for the people I just thought about?*
If the answer is *Yes*, we go on to Step 11 below. If the answer is *No*, then we may need to repeat Step 10 after a little while.

Step 11

We take a few moments for a brief meditation/prayer. We may watch our breath mindfully for a short while. Or we may ask for guidance from whatever Higher Power we may have.