

# Step Ten

## *Tenth Step Prayer*

*I pray I may continue: to grow in understanding & effectiveness; to take daily spot check inventories of myself; to correct mistakes when I make them; to take responsibility for my actions; to be ever aware of my negative & self-defeating attitudes & behaviors; To keep my willfulness in check; to always remember I need Your help; to keep love & tolerance of others as my code; & to continue in daily prayer how I can best serve You, My Higher Power. Amen.*

### We Do Together:

- Continue reading chapter "Into Action."
- Discuss Tenth Step written journaling technique for temporary (or ongoing) use.

### Daily Work:

- Prayer (and/or meditation, spiritual study, etc.) at least twice a day.
- Continue sending gratitude lists.
- Read the *Twenty-Four Hours a Day* book (in the morning, if possible).
- Read some of a spiritual book *in addition* whatever your religion, or you, decree a Holy or spiritual text.
- Continue meetings.

### Step Ten Work:

- Purchase or ask me for a journal for Tenth Step daily work.
- Begin doing daily & weekly 10<sup>th</sup> Step written journaling exercise for two weeks, and for pattern-noticing in the future as needed. I do not suggest written daily inventories for life as it should become more intuitive - but some do indeed stand by this practice which is to be respected as personal preference. Do what you feel is the will of your Higher Power.
- Read the *Twelve Steps and Twelve Traditions* chapter on Step Ten to review together.
- Read the Tenth Step chapter in *The Steps We Took*.
- Read *Drop the Rock... The Ripple Effect*.

YOU CAN DO IT ☺

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