

Step 10 Worksheets

Perseverance

At the end of every day, ask yourself, what did I do today that helped me obtain serenity and peace of mind? What failed to do so? What can I learn from this?

Taking inventory requires time for reflection. How do you make time for that daily?

Do you still have triggers and behaviors you fear will cause a relapse? What are they? How can you guard against them?

Have I been resentful, self-serving, or dishonest today?

What did you learn from the process of making amends which you can apply to your day-to-day life? How will you immediately make amends for, and acknowledge new wrongs?

Is there sanity in my life now? If so, what does that entail and how can I maintain it? If not, what steps can I take to restore sanity in my life?

How can I be critical and honest about my behavior, not only in retrospect but also while events are still unfolding?

Am I resting on my laurels or am I still fighting just as hard for my recovery?
