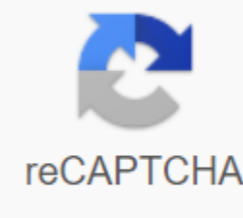




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Oa 10th step worksheet

The tenth night inventory app that was created by members to simplify their daily inventory. It's no easier than that. Think about ten yes or no questions at the end of the day to help you complete your 10 step inventory. Inventory is saved and stored by date. The optional in-app tool lets you track how well you're walking on the 12 step-by-step beam, depending on how you answer your questions each day. 1. Did I have pretensions? 2. Was I dishonest? 3. Did I immediately admit when I was wrong today? 4. Am I guilty of an apology? 5. Have I done or said something today out of fear? 6. Have I kept something for myself that should be discussed with another person at once? 7. Have I thought today about what I can do for others? 8. Have I been nice and loving towards everyone? 9. Have I reached out today to someone who is recovering to see how they are doing? 10. Will I take the time to connect with my higher power through prayer or meditation today? Text boxes provide space for comments, explanations, or insights. Optional 4-digit access code to protect your inventory responses from other people who have access to your phone. Designed and paid for by sober members in recovery, so the app will be available and downloadable for free. This app is not authorized, approved, or sponsored by AA. It was made by members for members. We hope it will help you on your recovery journey. Practical, great ★★★★★ Spock Bangbang - Version - 1.9 - Apr 8, 2015 I actually make the nightly step 10th because this app is so concise. I highly recommend it! It really smashes it ★★★★★ by KittyKittyPowPow - Version - 1.9 - March 29, 2015 It's easy to see your progress and you don't have to remember all the questions from the book because they are all written with yes or no answers and comments. Easy to use and easy to all tenth steps without 5000 notebooks Recently reminded me of this easy 10th inventory, inventory AEIOUY. A = Was I an abstinent today? E = Have I practiced today? I = What did I do for myself today? O = What did I do today for others? U = Am I sticking to unexpressed emotions today? Y = yes (or Yippy!) What is good, what happened today? I wish you all the best on your journey. Together we are improving. Bev J Grand Junction OAShare Your Recovery Tip or StoryThanding to Bev for sharing this simple but powerful mnemonic recovery. Do you have a great recovery hint, saying tool or story to share? We've shared it on the new Share your story page. Sharing your recovery experience, strength and hope is one of the best ways we can encourage our OA colleagues in their recovery while strengthening ours at the same time! Night inventory app that was created by members to simplify their daily inventory. It's no easier than that. Think about ten yes or no questions at the end of the day help you complete the 10th step of your inventory. Inventory is saved and stored by date. 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You have created a sought-after and fearless moral inventory of yourself. Admitted to God, to ourselves and to another man, the exact nature of our wrongs. They were absolutely ready for God to remove all these character flaws. He humbly asked Him to remove our shortcomings. He made a list of all the people we hurt, and he became willing to make changes to them all. Where possible, they have made direct changes, except where this would harm them or others. Still for a personal inventory and when we were wrong, he quickly admitted. We have sought through prayer and meditation to improve our conscious contact with God as we have understood Him, praying only to know His will for us and the power to do so. After a spiritual awakening as a result of these Steps, we sought to carry this message to compulsive eaters and practice these principles in all our affairs. Spiritual Principles in the Twelve Steps The spiritual principle is associated with each of the Twelve Steps. Listen to these podcasts to learn more: The importance of working all 12 steps in all our affairs, how and why the 12-Step Program Work for Compulsive Food For an in-depth analysis of the Twelve Steps, read Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition available in our bookstore. Permission to Use Twelve Steps of Alcoholics Anonymous for Adaptation granted by AA World Services, Inc. Inc.

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