

Step 10

Continued to take personal inventory, and when we were wrong, promptly admitted it.

The guiding principle of this Step is Perseverance.

Step 10 is the first of the “Grow Up” Steps. It combines Steps 1 through 9. In Step 10, we maintain and increase our progress so far. We continue to get rid of our clutter until there is no more and we can start living clutter-free. A daily personal inventory helps us become more honest and be less in denial.

The best time to take the daily inventory is before going to bed. With the resulting plan of action for tomorrow, we clear any anxiety and guilt in order to have a restful sleep. We start the next day with renewed energy.

At the end of each day, we review our attitudes and behaviors, with others and ourselves. We also check to see if we have returned to our former cluttering behaviors. We identify the root of our problems.

The following questions offer a way to face the problems of today and plan for tomorrow.

1. Did I remember to turn my will over to my Higher Power today?
 - a. If not, why not?
 - b. Write about how I can make it a daily habit.
2. Was I angry today?
 - a. What were the causes of my anger?
 - b. Write about them.
3. Was I resentful today?
 - a. What were the causes of my resentment?
 - b. Write about them.
4. Was I lonely today?
 - a. What were the causes of my loneliness today?
 - b. Write about them.

5. Did I clutter my mind with chaotic thinking today?
 - a. What were the causes of my mind clutter?
 - b. Write about them.
6. Did I dominate a conversation today?
 - a. What were the causes of my verbal clutter?
 - b. Write about them.
7. Did I overschedule my time so that I have no time for myself and what brings me joy?
 - a. If so, what activities can I remove from my schedule for tomorrow?
 - b. If not tomorrow, when?
8. Did I harm someone today?
 - a. If I have, am I willing to make amends tomorrow?
 - b. If not, why not?
 - c. Am I willing to make amends to myself too?
 - d. If not, why not?
9. Did I ask God for help during the day?
 - a. If not, why not?
 - b. Write about my reluctance to ask for help.
10. Did I try to bring peace into my thinking by focusing on the Serenity Prayer and meditation?
 - a. If not, can I try to accomplish this now?
 - b. Write about making room for prayer and meditation in my day.

In the leaflet *Measuring Progress on Our Journey in Recovery*, CLA provides a table for measuring our progress. We examine the following areas:

1. Behaviors and habits that block my recovery.
2. Behaviors and habits that enhance my recovery.
3. Behaviors and habits that are gray areas or depend on circumstances.

This is a useful tool to help assess our recovery or relapse. All Members who return to cluttering must rework the previous nine Steps. Some Members choose to do annual reviews of the 12 Steps to detect possible regression into active addiction.

If the inventory reveals a recurring problem, we may need to refocus on our recovery and go back to the Step that addresses it. Examples would be:

- Return to Step 3 if I need to turn the problem over to my Higher Power.
- Return to Step 7 and ask God to remove my shortcomings if resentments recur.
- Return to Step 9 if I become aware of more people I have harmed and need to focus on making the necessary amends.

When you do your personal inventory on a regular basis, you are ready to proceed to Step 11.

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