

The Twelve Stepsa spiritual journey of recovery

Step Ten Maintaining Progress

Review:

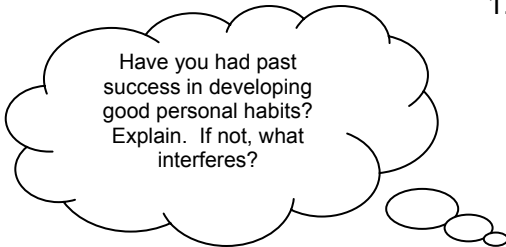
- Steps One - Three: Spiritual Awakening
- Steps Four - Seven: Getting Unstuck
- Steps Eight - Nine: Relationship Building
- Steps Ten - Twelve: Enhancing Growth

Step Ten: We continued to take personal inventory, and when we were wrong, promptly admitted it.

*“So, if you think you are standing firm, be careful that you don’t fall.”
1 Corinthians 10:12*

Maintaining Momentum

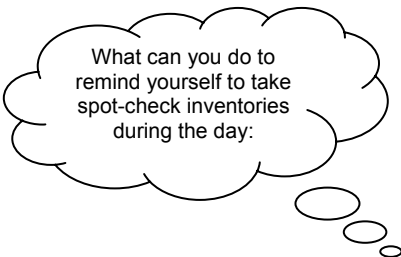
1. Set aside a time for self-care.



- daily meditation
- friendship
- exercise
- laughter
- sleep
- diet
- etc

2. Stay Resolved

Resist the temptation to skip these daily checks...or the temptation to give up all together. We have come long way toward our goal. But we can only continue along this path by revisiting the steps, being willing to depend on God, and remaining focused. And this will continue for the rest of our lives!



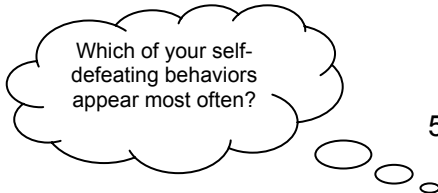
3. Hone your Self-Examination Skills

Take a look at our conduct on a daily basis. Acknowledge where we were wrong or slipped back into old ways. But remember – don’t take on false guilt or shame!

4. Spiritual Growth

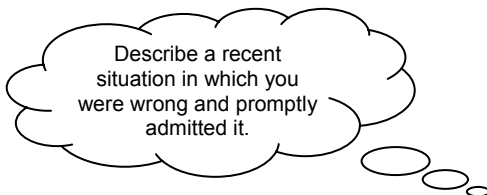
Our “sobriety” and “clear-mindedness” requires devotion to spiritual growth and staying close to God. We receive strength, inspiration and direction from Him who has all knowledge and power.

James 1:23-25 *“For if you just listen and don’t obey, it is like looking at your face in a mirror but doing nothing to improve your appearance. You see yourself, walk away, and forget what you look like. But if you keep looking steadily into God’s perfect law – the law that sets you free – and if you do what it says and don’t forget what you heard, then God will bless you for doing it.*



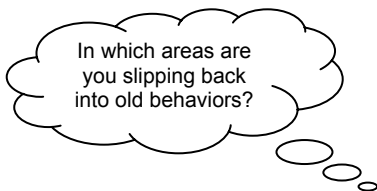
5. Monitor Ourselves for Signs of Slipping

- attempting to manage our lives ourselves
- manipulating others
- patterns of resentment, dishonesty, or selfishness



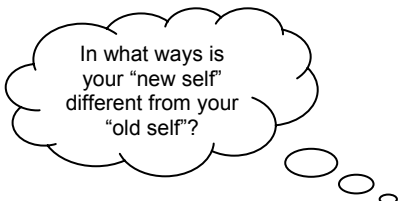
6. PROMPTLY admit when we are wrong and ask God to forgive us and help us.

Ephesians 4:25-28 *“So put away all falsehood and “tell your neighbor the truth” because we belong to each other. And don’t sin by letting anger gain control over you. Don’t let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil. If you are a thief, stop stealing. Begin using your hands for honest work, and then give generously to other in need”*



TAKEAWAYS:

If we are:



Isolating and feeling withdrawn	Reach out and share our difficulties with a friend
Slipping back, controlling and/or manipulating others	Recognize it and ask God to correct it
Feeling inferior or worthless	Reach out to supportive friends, and renew our sense of self-worth
Becoming obsessive, compulsive, not taking care of ourselves	Stop and ask God for help in helping us to meet our unmet needs
Repressing our feelings	Take risks to express our feelings

Life Recovery Bible.....scripture and helpful reflections on this
 StepPsalm 27:11-14 Romans 5:3-5
 1 Timothy 4:7-8 1 Timothy 4:14-16
 2 Timothy 2:1-8 1 John 1:8-10

Step Ten Inventory

The Step Ten personal inventory is much like the moral inventory in Step Four. The difference is the ongoing and frequent nature of the Step Ten inventory. The idea of “personal” is a reminder to us that the inventory process is about us, not others. Three types of inventories are recommended; each serves a different purpose.

Spot-check inventory:

The spot-check inventory is the most frequent self-check. Through this inventory we monitor our actions throughout the day. We might designate objects or times in our day as reminder. For example, a red dot on our desk calendar might serve as a reminder to take a spot-check inventory. Or a prayer taped to our refrigerator might help us remember. Button on my key chain reminds me to listen more and speak less (button up).

Daily Inventory:

Quality time every day needs to be set aside for our daily inventory. This can be a few minutes before bed or early in the morning when our minds are clear. It is best to use a journal or inventory log for this daily inventory. This will serve as a reminder that progress is being made – one day at a time.

Long-term Periodic Inventory:

The long-term periodic inventory is done after a longer period of time. We may take this inventory every quarter, twice a year, or annually – the specific interval is not important. The idea is to occasionally get away and take a thorough inventory that reflects upon longer periods of time. In this way we are able to view patterns and seasons in our lives. If possible, it is helpful to find some form of retreat or solitude for this inventory.

DAILY INVENTORY LOG

This inventory log can be used in various ways. For example, you could evaluate each of the strengths and weaknesses each day. Perhaps the most effective approach would be to select three character weaknesses and three character strengths that you want to focus on during the week or month – monitoring yourself each day on just those selected characteristics. When you are able to sustain some meaningful improvement, move on to other characteristics. Making copies of this page will enable you to focus on the other behaviors at another time. As you work with the behaviors you have selected, the following ratings will enable you to record your level of functioning when dealing with yourself and others.

1 = poor, 2 = fair, 3 = average, 4 = good, 5 = excellent.

Characteristic (Weakness)	MON	TUES	WED	THURS	FRI	SAT	SUN
Abandonment							
Anger/resentment							
Approval seeking							
Caretaking							
Control							
Self-pity							
Dishonesty							
Frozen feelings							
Isolation							
Low self-esteem							
Over responsibility							
Procrastination							
Worry (past or future)							
Characteristic (Strength)							
Assertiveness							
Dependability							
Forgiveness							
Generosity							
Honesty							
Humility							
Patience							
Perseverance							
Risk-taking							
Serenity							
Self-nurture							
Tolerance							
Trust							