

Step 10 Worksheet

Resentment and / or Fear	The Cause	Effects Our
Person, Place or Thing		Self Esteem
		Security
		Ambitions
		Personal Relations
		Sex Relations
		Pride / Shame
		Fear
Ask Ourselves	Putting out of my mind the wrong others have done, I resolutely looked for my own mistakes, honestly admitting my wrongs. (Steps 4 and 5)	
Where had I been selfish or self seeking (What did I really want to get or happen)?		
What were my fears?		
Where had I been dishonest?		
What was I responsible for?		
Decisions I made based on my needs or wants, that later created problems for me? (These decisions are faulty beliefs created as a child that became rules I lived by)		
What is my earliest memory of making a decision like this? What age was I?		
Overall what was my part/ where was I wrong?		
Step 6 - Character Defects		
Step 7 Prayer		
Step 8 and 9 - Amends		