

# Step Ten Worksheet with Questions

## Worksheet for Step 10 of 12 Step Programs

### Step 10

**Focus of step 10:** This step marks a significant transformation from the previous ones. We have now stemmed from the bleeding of addiction. Our new task is to bring recovery and our Higher Power into our day to day lives. We continue to take inventory and admit our wrongs daily, to aid our path to recovery. These questions should help us focus on doing so.

### Step 10 Questions

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?

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

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

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

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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?

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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?

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

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

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**How step 10 helps us recover:** Once we have completed this step, we are no longer just addressing our past wrongs. We are now willing and able to improve our ongoing daily lives. We are now no longer allowing our lives to be controlled by our worst impulses and take daily steps to guard against them.

Read more about [step 10 & personal inventory](#).