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Step 10

How it works (13)

When I'm on a self-pity binge it is important for me to do a 10th step. That is, to continue to take personal inventory and when we are wrong promptly admitted it."

When I do this inventory, usually I find out it's not the creep next door, my boss or my boyfriend that's messing with me. It's me. I take one slice out of that humble pie. When I was actively using everyone else was to blame. Eventually my resentments (tiny & petty when they started) grew way out of proportion and I would just do more abuse and find myself beginning with more resentments. It was a vicious cycle.

Today I cannot afford to hang onto resentments. I know they lead to anger, revenge and retaliation. They'll get me loaded. My 4th through 9th steps helped me settle old resentments. My 10th and 11th steps help me deal with new problems on a daily basis.

But when my head hurts from things I've been stuffing, I get out my inky pen and start writing it down. Most of the time I can run over the day's events in my head. But when I'm confused about what is bothering me, it helps to look at it in black and white. Also, in the morning after honestly asking God, as I understand him, to help, things look a lot different. I can re-read what I wrote. Things that baffled me the night before, usually are clearer. Sometimes I even have a good laugh at myself because I can see how I magnified something little into something big.

Writing isn't new to me. I used to be an editor; it was my job to clean up stories. I did speed and when I was on a run I remember constantly making list after list of things I wanted to change (but never did). Today I still use lists to help me get organized. The difference today is that I no longer use dope and I take action; do the things I have to do in order to stay clean. I go to meetings, talk to sponsors and work my steps. When I was a newcomer, I remember leading the steps but saying: "I understand step 10 but how do I start, where do I start, etc."

#4

Step 10

How it works (114)

Continuing to take personal inventory means means to me that we form a habit of looking at our self's our attitudes, our actions, and our relationships on a regular basis. I try to come up with honest evaluations and to put out more or less energy in certain areas I'm concerned with. It's very important to keep sharing with other people so that when you come up with a rationalization for seeing positive in a negative behavior we can be told about it when we can't be honest with ourselves. Sometimes we are too personally involved with our problems and don't see the negative aspects involved. I feel it is also important to have strong support for the fact that it is easier to admit we were wrong to someone we feel close to and know they won't react too forcefully.

Contradicting to the 4th step where we had to lay our inventory out in an easily perceived fashion because we first didn't know how to take inventory and second had a lot of built up inventory to take, we now know what our values are and how to deal with sustaining them. For we can take inventory on a regular basis and can admit our wrongs for we found that out by making amends in the 9th step. We also hope to have enough common sense now in dealing with people that we can promptly admit in a positive manner ie; if we are angry at someone because they hurt us or did us wrong our old reaction would be revenge now we know we can deal with that anger without having to go directly to the source and without having to become physically violent.

#4 step 10

How it works (115)

When I am off on my own with only God to keep me out of trouble and without benefit of the N.A. people around, I find that my self will can move in fast. I can become susceptible to doing things that I feel very odd about doing, such as stealing tomatoes from a neighbor's garden, or contemplating some act I feel bad about. I could, for example, have a resentful attitude, maybe because things weren't going as I wanted them to that day and feel like isolating myself from people.

So I have the way of the primary purpose of every NA group, I make it my way ~~xxx~~ to carry the message to the addict who still suffers and to practice these principles in all my affairs. To follow it in spirit it is to stay clean and sober and carry the message to the addict who still suffers from his or her active addiction.

#0160
HEADING OFF OUR SHORTCOMINGS

The best way for me to tell if a short coming is screwing up my life is step 10. It is interwoven in my life as a check against the subtle but painful defects of character or short comings if you will. The difficult thing is to recognize when a defect of character is actually wording it's way from the horizon to the center of my life.

Actually, when I am feeling funny about something that I am about to do, am doing, or have done, I have an awareness of a defect or short coming opposing the will of God in my life. This awareness is called my conscience.

If there is something that I have done, whether it was 5 minutes or 5 years ago and if it creeps into block me from the will of God then there are a number of things that I can do. After there is a definite procedure I follow. First, since I have surrendered to what the people in N.A. have told me, I quickly recall that what I did was because I was sick, AND THAT IT IS NOT WORTH DYING OVER. Thus thinking, I have affirmed the desire to stay clean and sober in spite of the dilemma, no matter how large it may seem. Also, I have affirmed my surrender to you people of N.A. and only then do I overcome the alienation of being a drug addict. Then, I put myself, through the grace of God, in his hands to make me a better person. Only this placing of my trust in God, allows me to write step 10 out fearlessly and thoughtfully. Also my surrender to God and the people in N.A. gives me the integrity to share what I have written with another human being in N.A., usually my sponsor. He usually gives me some feedback, such as "Just don't do things that you feel funny about before you do them, so you won't feel funny later."

#4 Step 10

How it works

(116)

The Tenth Step is this:

"We continued to take personal inventory and when we were wrong promptly admitted it."

We are creatures of habit. Those defects of character which we found in the Fourth Step (and probably some which we didn't see at the time) are deeply ingrained in our being. The thief of twenty years; the liar or "exaggerator" of twenty years does not transform easily into an honest or forthright person. Especially in times of stress, when we must endure hunger, anger, loneliness or weariness, we are vulnerable to the old ways of thinking and reacting. In those times it seems more expedient and somehow less dangerous to drive the wagon of our lives in the old ruts of self deception rather than to brave the new and seemingly dangerous terrain of honesty. It is difficult to be brave on an empty belly. It is an unusual person who can be vigilant when they are exhausted or who can be tolerant when angry or who can be confident when lonely. We used drugs every day, without a qualm. It is necessary to use the tools we have to stay clean and sober with the same diligence. That's why you hear those who have been around a while advise the newcomer--"Don't get too hungry, too angry, too lonely or too tired." Many use the word HALT as a reminder--H for Hungry, A for angry, etc.

This highlights the preventative part of the Tenth Step. You ask yourself as you go through the day--especially if you find yourself becoming upset or uncomfortable, "Am I being sucked in by some old pattern of fear or resentment? Am I too tired? Too hungry? Is my thinking getting cloudy?"

Maintenance of spiritual
condition. Live among
your spiritual conditions
in order to keep it.

#4

Step 10

How IT Works

(117)

We have discussed the preventative side of the Tenth Step. The more we use it, the less we will need the corrective side. Sometimes we are going to revert a little and we are going to do things we ourselves disapprove of. When this happens the Tenth Step is there to keep us from slipping back into the shadow land of guilt, hard feelings and remorse. We examine ourselves on a daily basis. Did we cause someone harm? Do we need to make an amend? If we do, we take care of it as soon as possible. When these things are left undone, they have a way of festering like an infection. We get to our sponsor--we are honest, we take the indicated action, and we learn and grow from it.

Many of these things which, in the beginning, seem so difficult, prove to be our greatest sources of growth and strength. We do not do these things because we are altruistic. We do not apologize to the one we harmed out of any great compassion or natural inclination to be kind. We do it first and foremost because it is the only way we know for addicts of our type to change our basic characters and for us, like it or not, the law is, change or die. Not wishing to die, we try to change. At first, we pretty much "act as if" we believe in this new life. We are tolerant of others because resentment or impatience could kill us. Of course, as time goes by, we try to grow spiritually, so that our old ways of selfishness and fear may gradually be replaced with fellowship and love. For this reason, Narcotics Anonymous has the Eleventh Step on the road to recovery.

We can't expect much to change. The program recommends many meetings especially for the newcomer. One of the things we hear at the meetings is that we need to go over all our old ideas and check them out. Many will come to appear ridiculous and we'll be embarrassed to admit that we ever took them so seriously.

STEP 10 WE CONTINUED TO TAKE PERSONAL INVENTORY. & WHEN WE WERE WRONG PROMPTLY ADMITTED IT

One of the quickest things that will trip us up in our daily living is taking on ~~an~~ the attitude of being perfect or ^{the} unwillingness to let others know that there are things wrong with us. For this will push us away from others quicker than anything. The more of an attitude of being perfect that we take on, the harder it is to even be honest with ourselves. We may even start to actually believe our own lies. This would surely be the beginning of the end for us, ~~being~~ drug addicts. This all stems from foolish pride. Sometimes we like to think that we can take it all on by ~~ourselves~~ ourselves, that we don't need others to help us in our sobriety and daily living. Some of us would even choose "death before dishonor." This step will help us to constantly stay aware of these pitfalls ~~and~~ ~~so~~ so we can make an effort to change these things. If ^{we} constantly remind ourselves of something ~~it is pretty hard~~ that we feel to be harmful, it is pretty hard to continue to do those things.

You can see what a great tool this is. It gives us a way of avoiding grief before we bring it on ourselves. It's a sort of vaccination against insanity--provided we use it on a continuing daily basis.

Like
powerlessness & ~~an~~ unmanageability or
my higher power and surrendering it to