Step Ten — Watch · Ask · Discuss · Turn

"Continued to take personal inventory and when we were wrong promptly admitted it." — p. 59 · read pp. 84–85

> *"Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code."*
>
> — Into Action, p. 84

FOUR ACTION WORDS

in this order

Watch — all day, as you go, for the four: selfishness, dishonesty, resentment, fear. When one crops up, do these four things **in this order**:

1. **Ask.** Pray — ask God at once to remove how you feel.
2. **Discuss** it with someone immediately — someone who won't co-sign your malady.
3. **Make amends quickly** if you harmed anyone. (If it applies.)
4. **Turn** — and go help someone else.

"We vigorously commenced this way of living as we cleaned up the past." (p. 84) Step Ten begins while Step Nine is still going. It does not wait for the last amends.

RADS

the four you watch for — Joe McF

R Resentful **A** Afraid **D** Dishonest **S** Selfish

The same four you hunted in Steps Four and Five. The same four that open the nightly review. Joe's read: each one is *temporary agnosticism*. Fear is "I don't think God's going to take care of it." Listen to your body — the bristle when you walk into a room. Listen to *who you are listening to*.

It is *personal* inventory, not other people's: in AA, Joe says, we clean up our own diapers. Short form of the Tenth Step: **"Whoops."** — Joe McF, 2020

PARS

through the day — pp. 87–88

> *"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done.'"*
>
> Into Action, p. 87

- **P** **Pause** when agitated or doubtful
- **A** **Ask** for the right thought or action
- **R** **Remind** yourself you are no longer running the show
- **S** **Say** "Thy will be done."

"Steps 11 and 10 can be wrapped up in the RADS and PARS." — Joe McF

WHEN DO I NEED A TENTH STEP?

> *"If I can't stop thinking about something, if I'm replaying it, if I'm speaking to people who aren't in the room, it's a pretty good sign that I need to do a tenth step."*
>
> Tim M, London AA Convention 2024, *Getting Out of Self* @ 6:10

> *"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us."*
>
> Twelve Steps and Twelve Traditions, Step Ten, p. 90 — the spot-check inventory, p. 89

> *"The Tenth Step can be a pressure relief valve." ... "We work this step continuously. This is a preventive action. The more we work this step the less we will need the corrective part of this step."*
>
> Narcotics Anonymous Basic Text, p. 35

THE PROMISES — AND THE WARNING

pp. 84–85

> *"And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame... We feel as though we had been placed in a position of neutrality—safe and protected... That is how we react so long as we keep in fit spiritual condition."*
>
> pp. 84–85 — Step Two's "restored to sanity" comes to fruition here

> *"It is easy to let up on the spiritual program of action and rest on our laurels... We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities."*
>
> p. 85

A laurel is your own achievement. **Recovered and cured are two different things.** The "all of our activities" line lives here in Step Ten, not Step Twelve: this is where we start watching ourselves, minute by minute. "We claim spiritual progress rather than spiritual perfection." (p. 60)

Alcoholics Anonymous, "Into Action," pp. 84–88 · step text p. 59 · Twelve Steps and Twelve Traditions, Step Ten · NA Basic Text, 5th ed. · action words: Relevant Recovery Sponsorship Workshop, 2024 · RADS/PARS: Joe McF with Tim M, June 2020

The Written Tenth Step — and Who to Call

"We discuss them with someone immediately" — p. 84

RAPID STEP 10

three minutes, on your phone

rapidstep10.com — a written Tenth Step in ten short screens, built straight off page 84. Nothing leaves your phone; copy the result and paste it to whoever you're calling.

1. **Who?**
2. **What happened?** Nineteen words. Keep it short.
3. **Affects my:** self-esteem · pride · ambitions · security · personal relations · sex relations · pocketbook
4. **My defects** — pick them from the list.
5. **Character assets** — the opposites.
6. **Seventh Step Prayer** — filled in with your defects and assets.
7. **Amends?**
8. **Who can you help now?** "Love and tolerance of others is our code."
9. **Share** — read it to someone.
10. **Done.** Copy it. Clear it.

STEP 10 LIKE US

WhatsApp group

Recovered alcoholics and addicts from the U.S., South Africa, the U.K. and beyond, so someone is usually awake. A group for exactly one thing: the **Discuss** step. Post one line:

Anyone available for a 10?

I'm available. Good morning. Thanks!

Evening folks! Anyone got a minute for a 10 step? I do.

Someone answers within minutes — at 8:30 in the morning or 10:15 at night. Take it to a call and read your Tenth Step to them. That is the discussion done, with someone who won't co-sign your malady.

Etiquette. One line to ask. Say thanks. And **answer other people's calls** for a 10 — that is your **Turn** step: "Then we resolutely turn our thoughts to someone we can help."

chat.whatsapp.com/KzWwGwqsNSs28lCrF9pe77

ON PAPER

the same ten screens when the phone is down

Who? _____

What happened? (19 words) _____

Affects my: ☐ self-esteem ☐ pride ☐ ambitions ☐ security ☐ personal relations ☐ sex relations ☐ pocketbook

My defects: _____

_____

Assets (the opposites): _____

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

the Seventh Step Prayer, p. 76 — then, in your own words: *In particular, please take away my* _____ *and grow in me* _____

Amends? ☐ none needed ☐ to _____ — by _____

Who can I help now? _____

Shared with: _____

Three sizes of inventory (Twelve and Twelve, p. 89): the **spot-check**, any time you get tangled up · the **nightly review**, the day's balance sheet (your Step Eleven sheet) · the periodic **housecleaning** with your sponsor. Reach for the smallest tool first. Most days it is enough.

rapidstep10.com · the Step 10 Like Us WhatsApp group · Seventh Step Prayer, Alcoholics Anonymous p. 76 · "affects my" categories from p. 65