

10th Step INVENTORY SELF-STUDY WORKBOOK

A gentle tool used for the 10th Step inventory within the 12-step process

DEDICATION

For all who seek peace through awareness and grace. May this practice help you return to love, presence, and the quiet guidance within.

INTRODUCTION

These 10th step tools were created from my own spiritual practice and lived experience in 12-step recovery*. They draw directly from OA/AA literature and are offered freely, in appreciation for the sponsors and guides who have supported my journey. My hope is that these resources support your daily reflection, deepen your sense of connection, and help you return to peace, clarity, and grace—one honest moment at a time.

Step 10 invites us to stay awake to our thoughts, emotions, and patterns with gentleness and humility. It's not about perfection—it's about awareness, presence, and spiritual realignment. Through this practice, we notice what disturbed our serenity, observe where fear or old patterns showed up, and reconnect with the spiritual principles that guide us back to the sunlight of the spirit.

The purpose of this workbook is to help you bring the 10th step into your daily life with compassion, clarity, and gentleness. Whether you're working with a sponsor, nurturing your own recovery, or simply longing for a grounded daily practice of emotional and spiritual renewal, these tools are here to guide and support you.

*For more information about 12-step programs, click here: <https://recovery.org/addiction/12-step-programs/>.

10th STEP: A DAILY PRACTICE OF RELEASE AND RENEWAL

Awareness is the doorway to grace.

Step 10 has become one of my greatest teachers. It's not just about "taking inventory"—it's about learning to live with awareness, humility, and grace. Each day offers countless opportunities to pause, notice, and choose again—to see where fear or resentment has crept in, and to return to peace.

For me, the 10th Step is less about perfection and more about presence. It's a way of keeping my connection with God (or Spirit, or Higher Power) clear and alive. When I take time to gently look at what's unsettled in me—without judgment—I begin to understand what the situation is really asking of me. Often, it's an invitation to practice honesty, forgiveness, or compassion—toward others and myself.

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The process in this workbook grew from that intention: to offer a structured yet soulful way to release what blocks us from peace and to return to the principles that restore balance. It's a daily rhythm of awareness—of seeing where I've been, letting go of what no longer serves me, and realigning with what is true.

When I practice Step 10 regularly, I find that life feels lighter. I move through my days with more serenity and less reactivity. And when challenges arise (because they always do), I know I have a way back—a pathway of reflection, surrender, and renewal.

Each moment of awareness is an opportunity for renewal. As we release fear and choose love, we return to the flow of grace.

HOW TO USE THIS WORKBOOK

- Move through each section with curiosity, not judgment
 - Keep the process simple—awareness is the goal
 - Pause whenever you feel resistance
 - Allow the principles of the steps to guide you gently
 - Pray, breathe, and reconnect with your Higher Power as needed
 - Use the reflection pages to track your growth
 - Let this practice be grounding, not overwhelming
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PART 1 - LET'S BEGIN THE STEP 10 INVENTORY PROCESS

A blend of 12-step wisdom & integrative coaching support

The 10th Step Inventory Worksheet is located on the last page (6) of this workbook for easy viewing or printing. Please follow these steps as you complete the inventory:

1. Resentment Inventory: A resentment includes anything that disturbs your peace.

Reflection: What is the real story underneath my resentment?

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2. The Cause: Keep it brief—just the facts.

Reflection: What expectation wasn't met?

3. Instincts Affected: Identify which instinct(s) were activated (social, security, sexual/relationship, etc.).

Reflection: What instinct shows up most often?

4. My Mistakes (My Part): Common themes include selfishness, dishonesty, self-seeking, fear.

Reflection: How can I acknowledge this with compassion instead of judgment?

5. Fear Inventory: Fear often underlies resentment. Sometimes fear stands alone.

Reflection: What would trust look like here?

6. Spiritual Principles Behind the 12 steps: 1. Honesty 2. Hope 3. Faith 4. Courage, 5. Integrity 6. Willingness 7. Humility 8. Self-discipline 9. Love and Forgiveness 10. Perseverance and Acceptance 11. Spiritual Awareness 12. Service and Gratitude

Reflection: Which principle guides me back to truth?

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PART 2 – “SPIRITUAL PRESCRIPTIONS”

The *Big Book of Alcoholics Anonymous (BB)* teaches that our resentments must be mastered, and it points us to the Sick Man Prayer as a powerful way to soften and release them.

I often think of the 10th Step worksheet as the moment we “go to the doctor”—identifying the disturbance, the fear, or the pattern that needs attention. “Spiritual Prescriptions” are like the medicine we take afterward: the prayers, practices, and principles that help us truly heal, realign, and return to the sunlight of the spirit.

You may choose one or several of the following “Spiritual Prescriptions,” as appropriate. But the most important “medicine” of all is the spiritual principle(s) you identified in the Fear Inventory on the worksheet when you answer the question, “*What would my Higher Power have me be?*” Allow those principle(s) to become your compass—the qualities that guide your next thought, your next breath, and your next action.

Sick Man Prayer: “*God, help me show this person the same tolerance, pity, and patience I would grant a sick friend. This is a sick person. How can I be helpful to them? God, save me from being angry. Thy will be done.*”

Fear Prayer: “*God, please remove my fear and direct my attention to what You would have me be.*”

Serenity Prayer: “*God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.*”

Set Aside Prayer: “*Dear God, please help me to set aside everything I think I know about [people, places, or things] so I may have an open mind and a new experience. Please help me to see the truth about [people, places, or things]. Amen.*” (Big Book, primarily pp. 47-48)

Readings from 12-Step Literature

“*The first requirement is that we be convinced that **any life run on self-will can hardly be a success...***” (BB, pp. 60-63)

“*And **acceptance is the answer to all of my problems...***” (BB, pp. 417-420)

“**Expressing gratitude** when we discover that defects are removed and problems resolved.” (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd Edition, p. 72)

Self-Compassion Reflection: “We may have made mistakes, but we are not mistakes. Healing grows from gentleness, not harshness.”

Other (outside resources): Personal prayers, readings, or sources of inspiration that are meaningful to you.

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PART 3 - REFLECTION & RENEWAL

What situation or emotion stood out today?

What did I notice about my thoughts or reactions?

What fear or pattern was stirred?

Which spiritual principle helps realign me?

What would God have me be in this moment?

What gratitude or insight surfaced today?

CLOSING NOTE

This work is meant to be approached with gentleness. Whether you're working with a sponsor or reflecting on your own, remember that awareness is the doorway to grace. Progress, not perfection, is what moves us forward.

May this process remind you that healing and freedom unfold one honest moment at a time.

With Love,

Jennifer

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STEP 10 INVENTORY WORKSHEET			
Created using Alcoholics Anonymous (AA) and Overeaters Anonymous (OA) Literature			
1	I'm resentful at: Include the following from past and present: family members, friends and associates, people at work, famous people, political figures, strangers, organizations, churches, schools, institutions, concepts, and ideas. (BB, p. 62)	The Cause:	Affects my: Which instincts have these harms affected? Include social, security, and sex instincts as well as consider what future social security, and sex ambitions have been damaged. (BB, p. 64) <input type="checkbox"/> Self Esteem <input type="checkbox"/> Personal Relations <input type="checkbox"/> Material Security <input type="checkbox"/> Emotional Security <input type="checkbox"/> Acceptable Sex Relations <input type="checkbox"/> Hidden Sex Relations <input type="checkbox"/> Social Ambitions <input type="checkbox"/> Material Ambitions <input type="checkbox"/> Sexual Ambitions
			My mistakes*: "Putting out of our minds the harms others have done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened?" (BB, p. 67)
Go to 7th Step Prayer			
Remember that "For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves... Just the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity." (BB, p. 68)			
	I'm fearful of:	Why do I have this fear? (Because self-reliance failed me.) (BB, p. 68)	Where was my trust and reliance? <input type="checkbox"/> Infinite God <input type="checkbox"/> Finite Self Did self-reliance work? Yes No
			What would God have me be?
			Go to Spiritual Principles
2	I'm resentful at: Include the following from past and present: family members, friends and associates, people at work, famous people, political figures, strangers, organizations, churches, schools, institutions, concepts, and ideas. (BB, p. 62)	The Cause:	Affects my: Which instincts have these harms affected? Include social, security, and sex instincts as well as consider what future social security, and sex ambitions have been damaged. (BB, p. 64) <input type="checkbox"/> Self Esteem <input type="checkbox"/> Personal Relations <input type="checkbox"/> Material Security <input type="checkbox"/> Emotional Security <input type="checkbox"/> Acceptable Sex Relations <input type="checkbox"/> Hidden Sex Relations <input type="checkbox"/> Social Ambitions <input type="checkbox"/> Material Ambitions <input type="checkbox"/> Sexual Ambitions
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			What would God have me be?
			Go to Spiritual Principles
key	*My mistakes - a few examples, (Twelve Step Workshop and Study Guide: OA, pp. 52-55): Selfish (Self-Centeredness): concerned only with or primarily with one's own interests, benefits, and welfare without regard for others, e.g., selfishness, self-seeking, spoiled, egocentricity, wanting others to do things my way, wanting praise from others, wanting to control the situation, wanting my needs taken care of before others, feeling that I know more than others, self-pity, victim Dishonest: a disposition to cheat, steal, deceive, or lie by commission or omission, e.g., lying, lack of integrity, evasiveness, cheating, fraud, stealing, unscrupulousness, living in denial, not speaking my truth or doing what is best for me, not setting boundaries Fear (Frightened): alarm and anxiety caused by the expectation or realization of danger - real or imagined - such as fear of harm, losing something you have, not getting what you want, snakes, heights, public speaking, success, failure, and so on, e.g., alarm, dread, terror, dismay, cowardice, anxiety, apprehension, distrust, uncertainty, phobia, resentful about something that hasn't happened yet, blowing things out of proportion 7th Step Prayer, (BB, p. 76): <i>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.</i> Fear Prayer, (BB, p. 68): We ask Him to remove our fear and direct our attention to what He would have us be. Spiritual Principles, (The Twelve Steps and Twelve Traditions of OA, Second Edition): 1. Honesty 2. Hope 3. Faith 4. Courage 5. Integrity 6. Willingness 7. Humility 8. Self-Discipline 9. Love and Forgiveness 10. Perseverance and Acceptance 11. Spiritual Awareness 12. Service and Gratitude Step 10, (BB, pp. 84-85): "We continued to take personal inventory...Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God 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...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. 'How can I best serve Thee - Thy will (not mine) be done.' These are the thoughts which must go with us constantly."		

Date: