Steps & Scripture

STEP GUIDE

# 10

STEP TEN

# Perseverance

*A guide to the Tenth Step, with Scripture and prayer*




**Work this step with Jimmy or Sarah.**

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**If you are in danger**, call or text 988, or call 911. If you have been drinking heavily and stopped, and you are shaking, sweating, confused, seeing things, or have had a seizure, go to the ER today.

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10

STEP TEN

# Perseverance

**Continued to take personal inventory and when we were wrong promptly admitted it.**

*Therefore let anyone who thinks*
*that he stands take heed lest he fall.*

1 CORINTHIANS 10:12 (ESV)

# Where you are

You've done a lot of hard work to get here. Before you start Step Ten, look back at the road behind you. If you picked up this guide in the middle of things, this page is for you too.

**Step One.** You admitted you were powerless over alcohol, and that your life had become unmanageable.

**Step Two.** You came to believe that a Power greater than yourself could restore you to sanity.

**Step Three.** You made a decision to turn your will and your life over to the care of God.

**Step Four.** You wrote it down. Resentments, fears, sex conduct, other harms. In every entry, you looked for your own part.

**Step Five.** You told another human being the exact nature of your wrongs.

**Steps Six and Seven.** You became ready to let God take your defects, and you asked Him to remove them.

**Steps Eight and Nine.** You made a list of the people you had harmed, and you went to them. You made amends where you could, and you talked the hard ones over with your sponsor first.

That was the big housecleaning. It cleared away years of wreckage. Step Ten keeps the house clean.

**Haven't done Steps Four through Nine?** Talk to your sponsor about where to pick up. Step Ten is a daily inventory of *today*. It doesn't take the place of the full inventory, the Fifth Step, or your amends. Many sponsors do suggest a short nightly review from early on, and that's good practice. Just don't let it become a way around the work behind you.

## Check your work first

Before you go on, be honest with yourself:

- Is there a name on your amends list you've been avoiding?
- Is there an amends you started and never finished?
- Is there anything from your inventory you still haven't told anyone?

The book says there may be some wrongs you can never fully set right. That's real. But it adds that we don't worry about those "if we can honestly say to ourselves that we would right them if we could" (p. 83). If there are amends you *could* make and haven't, talk to your sponsor before you go on. Step Ten works best on a clean slate.

# What Step Ten is

> "Continued to take personal inventory and when we were wrong promptly admitted it."
> ALCOHOLICS ANONYMOUS, P. 59

It's a short step, and it never ends. Take it a phrase at a time.

**Continued.** You already took an inventory in Step Four. This is that same inventory, kept up. Not once. Every day, for the rest of your life.

**To take personal inventory.** Your own. Not your spouse's, not your boss's, not the guy at the meeting who talks too long. You look at your side of the street.

**And when we were wrong.** Not *if*. You will be wrong, probably today. Sobriety doesn't make you perfect. It makes you honest about it.

**Promptly admitted it.** Quickly. Not next week, not once you've cooled off and decided it wasn't that bad. The longer you wait, the bigger it gets.

## Steps Four through Nine, on the spot

Here is the simplest way to understand this step. In Steps Four through Nine, you looked at your whole past, found what was wrong, admitted it, asked God to remove it, and set it right. That took weeks or months.

In Step Ten, you do the same thing in minutes, as things happen. Something goes wrong at lunch. By dinner, it's handled.

### What Step Ten is, and what it isn't

**Step Ten is not** beating yourself up all day. It isn't keeping a list of every mistake so you can feel bad about it. It isn't watching other people for their faults.

**Step Ten is** catching it early, owning it, asking God to take it, telling someone, and making it right. Then moving on, lighter.

## Why it can't stop

The book is blunt about what happens if you coast:

> "It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe."
>
> ALCOHOLICS ANONYMOUS, P. 85

You did Step Nine. Things are better. Your family is talking to you again. That's exactly when people let up. The verse on the opening page of this guide is a warning for just that moment. If you think you're standing firm, watch out.

# Your reading for this step

Read these in your own copies, in this order. Page numbers for *Alcoholics Anonymous* are from the fourth edition.

### Alcoholics Anonymous

- **Pages 84–85.** Step Ten, the problem removed, and the daily reprieve. Read it out loud.
- **Page 86.** The nightly review. You'll meet it again in Step Eleven.
- **Pages 66–67.** Resentment, and the people who wronged us seen as sick.
- **Page 83.** Cleaning house with the family.
- **Page 87.** Pausing when agitated or doubtful.
- **Then *Twelve Steps and Twelve Traditions*, pages 88–95.** The chapter on Step Ten.

### Scripture (ESV)

- 1 Corinthians 10:12–13 · Lamentations 3:22–23, 40
- Psalm 139:23–24 · Matthew 5:23–24 · James 5:16
- Ephesians 4:25–27 · James 1:19–20 · Colossians 3:12–14

**Listen, if you like:** Joe and Charlie, Session 13, "Into Action —Step Ten" (about 9 minutes), free in the SoberHub app. Steps & Scripture is not affiliated with SoberHub.

# What the book says

Step Ten gets two short paragraphs in *Alcoholics Anonymous*, on pages 84 and 85. They may be the most practical paragraphs in the whole book. Read them in your own copy.

## This is a way of living (p. 84)

The book opens the step by saying what it is:

> "This thought brings us to step ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along."
>
> ALCOHOLICS ANONYMOUS, P. 84

*As we go along*. Not saved up for later. Then it tells you how long this lasts:

> "Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our life time."
>
> ALCOHOLICS ANONYMOUS, P. 84

You're not working toward a finish line. You're learning a new way to live, and you'll keep learning it.

## The spot-check (p. 84)

Here is the heart of Step Ten. Read it slowly:

> "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."
>
> ALCOHOLICS ANONYMOUS, P. 84

Look at the words the book uses for time. *At once. Immediately. Quickly.* Nothing here waits until tonight.

There are five things in that passage. They're the whole method:

1. **Watch** for the four: selfishness, dishonesty, resentment and fear. They're the same four you found in Step Four.
2. **Ask God at once** to remove them. That's Step Seven, in the moment.
3. **Discuss them with someone immediately.** That's Step Five, in the moment. Call or text your sponsor or a friend in the program.
4. **Make amends quickly** if you hurt someone. That's Step Nine, in the moment.
5. **Turn your thoughts to someone you can help.** That gets you out of your own head. It's a taste of Step Twelve.

The spot-check page later in this guide lays it out so you can keep it handy.

## Love and tolerance (p. 84)

Right after the spot-check, the book gives us one short line:

> "Love and tolerance of others is our code."
> ALCOHOLICS ANONYMOUS, P. 84

That's not a feeling you wait for. It's a rule you live by. When someone cuts you off, lies about you, or gets on your nerves, the code doesn't change. Back in Step Four, the book showed you how: see the person who wronged you as "spiritually sick" (p. 66), and ask God to help you show them "the same tolerance, pity, and patience that we would cheerfully grant a sick friend" (p. 67).

## The problem has been removed (pp. 84–85)

Then the book makes a promise that surprises a lot of people. It says that by this point, most of us have stopped fighting:

> "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."
> ALCOHOLICS ANONYMOUS, P. 84

Remember Step Two? You came to believe God could restore you to sanity. This is what that looks like. The book goes on:

> "We see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it."
> ALCOHOLICS ANONYMOUS, P. 85

And then:

> "We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky, nor are we afraid."
>
> ALCOHOLICS ANONYMOUS, P. 85

Not white-knuckling. Not counting the minutes. Removed. If that hasn't happened for you yet, don't panic, and don't decide the program failed. Keep working the steps, and tell your sponsor. For many people it comes slowly.

**This isn't a dare.** The book says we're not avoiding temptation, but that doesn't mean you should go test yourself in a bar. If you have a real reason to be around alcohol, take someone with you, and have a way out. If cravings are strong or physical, see a doctor.

## A daily reprieve (p. 85)

Here's the catch, and it's a big one. All of that holds true only "so long as we keep in fit spiritual condition" (p. 85). The book says it plainly:

> "We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition."
>
> ALCOHOLICS ANONYMOUS, P. 85

A reprieve is a stay of execution. It's good for today. Tomorrow you need a new one. That's why Step Ten is daily. You don't keep your spiritual condition fit by remembering how fit it used to be.

The book gives you a thought to carry with you:

> "'How can I best serve Thee—Thy will (not mine) be done.' These are thoughts which must go with us constantly."
> ALCOHOLICS ANONYMOUS, P. 85

## The nightly review (p. 86)

The book describes a review at the end of each day. It's on page 86, in the section on Step Eleven, and you'll meet it again there. But it belongs to Step Ten too. It's where you look back on the day you just lived:

> "When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest, or afraid? Do we owe an apology?"
> ALCOHOLICS ANONYMOUS, P. 86

Notice the word *constructively*. And notice the warning that comes a few lines later. We must be careful "not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others" (p. 86). The review is for setting things right, not for punishing yourself. There's a short version of it near the end of the spot-check page, and a full version in the Step Eleven guide.

# What the 12&12 adds

*Twelve Steps and Twelve Traditions* gives Step Ten a full chapter, on **pages 88–95**. Read it slowly, in your own copy. Here is what to look for as you read. These are our notes, not the book's words.

**Page 88: Now the real test.** The chapter says the first nine steps get you ready for a new life, and Step Ten is where you start living it, in good days and bad. It also talks about a kind of hangover that has nothing to do with drinking: the leftover anger, fear and jealousy from yesterday. Notice which of those you woke up with this week.

**Page 89: Three kinds of inventory.** The chapter describes a quick check during the day when you get tangled up, a review at the end of the day, and a longer look back every so often, alone or with your sponsor. Some people do a bigger housecleaning once or twice a year, or go on a retreat. It also says this habit gets easier and even interesting once it's part of your routine.

**Pages 90–91: When you're upset, look at yourself.** This is the part people quote most. The chapter says that whenever you're disturbed, something is off in you too, whatever the other person did. It takes on justified anger head-on, and says that for alcoholics it's too risky to keep. Ask yourself where you've been holding on to anger you feel you earned.

**Page 91: Hold your tongue.** The chapter puts self-restraint first. A quick, angry word can damage a relationship for a long time. It warns against sharp criticism and power arguments, and also

against sulking and the cold shoulder. The short version: step back and think before you speak, write or send.

**Pages 91–92: Watch out when things go well.** The chapter warns that success can be as dangerous as trouble. When things start going your way, the old urge to be the big shot comes back. The cure is remembering that you're sober today by God's grace, and that your success is more His than yours.

**Pages 92–93: Learning to love people.** The chapter is honest that most of us have loved a few people, ignored most, and disliked the rest. It suggests small steps: stop making unfair demands of the people you love, be kind where you haven't been, and treat the people you dislike with fairness and courtesy. When you fall short, admit it quickly.

**Pages 93–95: The nightly balance sheet.** The chapter describes looking back on the day before sleep, and reminds you to count what went right, not only what went wrong. Trying hard and failing still counts in your favor. It then asks you to look closely at your motives, because we're good at dressing up bad motives as good ones. It ends with honest regret, real gratitude, and the willingness to do better tomorrow, and then sleep with a clear conscience.

> Read the chapter with a pen nearby, but write in a notebook, not this guide. Pages 93–95 are worth reading more than once. Mark the motives that sound like yours, and bring them to your sponsor.

# What Scripture says

Step Ten is about living honestly before God one day at a time, and making things right quickly. The Bible says a lot about both. Read these slowly. Read them out loud if you can.

## Take heed lest you fall

The verse on the opening page of this guide, with the one right after it:

> *Therefore let anyone who thinks that he stands take heed lest he fall. No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.*
>
> 1 CORINTHIANS 10:12–13 (ESV)

Verse 12 is the warning. Nobody is past falling. The moment you think you've got this beat is the moment to be careful. Verse 13 is the comfort. Your temptations aren't special, and God won't leave you without a way out. Step Ten is how you keep watching for that way out, every day.

## New every morning

> *The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.*
>
> LAMENTATIONS 3:22–23 (ESV)

Jeremiah wrote this in the ruins of Jerusalem. Everything had fallen apart. And still he could say God's mercies never come to an end. That's what makes a daily inventory bearable. You're not looking at your faults alone. Yesterday's mistakes don't use up today's mercy. It's new every morning, just like the reprieve.

## Let us examine our ways

A few verses later, in the same chapter:

> *Let us test and examine our ways, and return to the LORD!*
>
> LAMENTATIONS 3:40 (ESV)

That's Step Ten in one line. Not *let them examine their ways*. Let *us*. And the point of examining isn't to stay stuck. It's to turn back to the Lord.

## Search me, O God

> *Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!*
>
> PSALM 139:23–24 (ESV)

You can't see all your own faults. Rationalization is too good at hiding them. So David asked God to do the searching. Make this your prayer before the nightly review. Ask God to show you what you'd rather not see, and to lead you somewhere better.

## First be reconciled

> *So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.*
>
> MATTHEW 5:23–24 (ESV)

Jesus says that making things right with your brother comes before your offering. Before church, before your prayer time, before you feel spiritual. If you know someone has something against you, go. That's *promptly admitted it*, from the Lord's own mouth.

## Confess to one another

> *Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.*
>
> JAMES 5:16 (ESV)

The book says to discuss your faults with someone immediately. James says the same thing: confess to one another and pray for one another. Secrets grow in the dark. Saying it out loud to a trusted person takes away much of their power.

## Don't let the sun go down

> *Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.*
>
> EPHESIANS 4:25–27 (ESV)

Paul doesn't say you'll never be angry. He says don't sin in it, and don't carry it into the night. Anger left overnight becomes resentment, and resentment is the number one offender (p. 64). Settle it today. The nightly review is a good place to check whether you have.

Look at verse 25 too. Honesty and anger sit side by side. Most of the trouble in your day will come from one or the other.

## Quick to hear, slow to speak

> *Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.*
>
> JAMES 1:19–20 (ESV)

This is holding your tongue, in Scripture. Listen first. Talk slower. Get angry slowest of all. Your anger won't produce what God wants, even when you're sure you're right.

## Put on love

> *Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.*
>
> COLOSSIANS 3:12–14 (ESV)

Here's what *love and tolerance of others is our code* looks like up close: compassion, kindness, humility, meekness, patience. Bearing with people. Forgiving, because you've been forgiven. And over all of it, love.

# How to work Step Ten

Here is a plain way to work this step. Your sponsor may suggest something different. Go with your sponsor.

## 1. Know your four

Selfishness, dishonesty, resentment and fear. You found them in your Step Four inventory. You know what they look like in your life by now. Write down how each one usually shows up for you, in a sentence or two. Keep it in a notebook or in your phone.

## 2. Watch for them through the day

You're not looking for them all day like a guard. You're just paying attention. The signal is usually a feeling: you're upset, irritated, hurt, anxious, or you notice you're shading the truth. That's your cue.

## 3. When one shows up, do the spot-check

Pause. Name it: which of the four is this? Then ask God at once to take it. A short prayer is fine: *Lord, take this resentment. Thy will be done.* The spot-check page after this chapter walks you through it.

## 4. Tell someone

The book says *immediately*. Call or text your sponsor or someone in the program. Keep it short: *I just got angry at my boss, and I think it's fear about my job.* You don't need a long talk. You need it out of your head.

## 5. Make amends quickly

If you hurt someone, go back and say so. Today if you can. Keep it simple: *I was wrong to snap at you earlier. I'm sorry.* No speech, no excuses, and no *but*. If the amends is risky (money, the law, an affair, a former partner, anything that could hurt someone else), talk it over with your human sponsor or pastor first, just as you did in Step Nine.

## 6. Turn to someone you can help

This is the step people skip. Once you've handled it, get your mind off yourself. Call a newcomer. Help someone at work. Do a chore nobody asked you to do. Self-centeredness is the root of the trouble. Helping someone is the quickest way out of it.

## 7. Review your day at night

Before bed, take ten minutes. Look back at the day. Where were the four? Do you owe an apology? What went right? Thank God, ask His forgiveness where you need it, and decide what to set right tomorrow. Then go to sleep. The short version is at the end of the next chapter.

## 8. Take a longer look now and then

Every few months, sit down with your sponsor and look back over a longer stretch. Is a defect coming back again and again? Is there a resentment that keeps showing up in your nightly review? That may need a fresh Fourth Step inventory on just that one thing.

# The spot-check, step by step

Keep this page handy. Use it the moment you notice you're upset, or the moment you notice you've done something wrong. It takes a few minutes. Sometimes less.

### 1. Stop

Don't speak, send, or sign anything yet. Take a breath. If you need to, walk away for five minutes. *"Be quick to hear, slow to speak, slow to anger"* (James 1:19, ESV).

### 2. Name it

Which is it?

- **Selfishness.** I want my way, my comfort, my credit.
- **Dishonesty.** I'm shading the truth, hiding something, or pretending.
- **Resentment.** I'm replaying what they did to me.
- **Fear.** I'm afraid of losing something I have, or of not getting something I want.

Often it's more than one. Fear usually sits underneath the others.

### 3. Find your part

Forget what they did for a minute. What's your part in it? What did you do, say, expect or demand? Where were you selfish, dishonest, resentful or afraid?

### 4. Hand it to God, at once

A short prayer is enough. *Lord, take this fear. Thy will be done.* Or: *Father, this is resentment. Help me see them as You see them.*

### 5. Tell someone

Call or text your sponsor or a friend in the program. *Here's what happened, here's my part.* Two minutes.

### 6. Set it right, quickly

If you hurt someone, admit it to them. *I was wrong. I'm sorry.* Ask what you can do to make it right. Talk any risky amends over with your human sponsor or pastor first.

### 7. Turn to someone you can help

Then get out of yourself. Call someone who's struggling. Do something kind that no one will notice.

## A short nightly review (p. 86)

At night, ask yourself the book's questions. The Step Eleven guide covers this in full, with the morning and the rest of the day.

### Before bed, about ten minutes

- Was I resentful, selfish, dishonest or afraid today?
- Do I owe anyone an apology?
- Is there something I'm keeping to myself that I should talk over with someone?
- Was I kind and loving toward everyone?
- What could I have done better?
- What went right today? Who did I help?

Then thank God, ask His forgiveness, and ask what to set right tomorrow. Don't stew. Go to sleep.

# Questions to think about

These aren't for writing in this guide. Think them over, pray about them, write in a notebook if that helps, and talk them through with your sponsor. Jimmy and Sarah ask some of the same questions in the app.

1. When you got upset this week, which was it: selfishness, dishonesty, resentment or fear?
2. What did you do with it?
3. Do you owe anyone an apology tonight?
4. Where did you make a quick amends this week? How did it feel?
5. What went right today?
6. Did you help anyone?
7. Which of the four shows up for you most often? Where does it usually show up: at work, at home, in the car?
8. Is there anger you've been holding on to because you think you have a right to it?
9. Since Step Nine, have you let up anywhere? Fewer meetings, less prayer, less calling your sponsor?
10. When things go well, do you start to play the big shot? What does that look like for you?

# Suggestions for this week

Pick one at a time. You don't need to do all of them.

- Do the nightly review every night this week. Ten minutes, before bed.
- Practice the spot-check: when you're upset, pause and name it. Selfishness, dishonesty, resentment or fear? (p. 84)
- Make amends quickly, as soon as you see you were wrong (p. 84). Same day if you can.
- Read pages 84–85 of *Alcoholics Anonymous* out loud.
- Read Step Ten in *Twelve Steps and Twelve Traditions* (pp. 88–95) in your own copy.
- Text your sponsor the moment you catch one of the four this week, even if it's just one word.
- Before you send an angry email or text, wait an hour. Then reread it.
- Memorize Lamentations 3:22–23, and say it when you wake up.
- Help one person each day, on purpose, without telling anyone.
- Go to church this Sunday. If you don't have a church, try one.

# When it's hard

Almost everyone gets stuck somewhere on this step. Here's what that usually looks like, and what to do.

## "I forget to do it."

Most people do, at first. Tie the nightly review to something you already do every night, like brushing your teeth or plugging in your phone. The app can remind you. If you miss a night, don't make up for it. Just do tonight.

## "My review turns into beating myself up."

That's not what it's for. The book warns against worry, remorse and morbid reflection. Start your review with what went right. Name what went wrong, plainly, and decide what to do about it. Then ask God's forgiveness and take it. Lamentations 3:22–23 is for you.

## "But they really did wrong me."

They may have. The spot-check still asks about your part. You can't do their inventory, and it won't keep you sober. Pray for them. See them as sick, the way the book suggests on page 67. If something serious happened, talk to your sponsor or pastor about it, and if you're in danger, get help.

## "I hate admitting I was wrong."

Most of us do. Pride hates Step Ten. But the more often you do it, the easier it gets, and the less there is to admit. Short and plain works best: *I was wrong. I'm sorry.* No speech.

## "Things are going great. I don't need this every day."

That's exactly when you need it most. Read 1 Corinthians 10:12 again, and page 85. The reprieve is daily. Things are going great *because* you've been doing the work.

## "I'm still fighting the urge to drink."

The book says the problem is usually removed by now. If it hasn't been for you, you're not a failure, and you're not alone. Go back over the steps with your sponsor and look for what might be missing. Go to more meetings. If the cravings are strong or physical, see a doctor.

**If you want to drink,** call someone before you do anything else. Your sponsor, someone from a meeting, your pastor. Get to a meeting today. If you are in danger, call or text 988, or call 911.

# A prayer for this step

The book doesn't give a set prayer for Step Ten. It gives a thought to carry all day long:

> "'How can I best serve Thee—Thy will (not mine) be done.' These are thoughts which must go with us constantly."
> ALCOHOLICS ANONYMOUS, P. 85

**Carry it through the day.**

*How can I best serve Thee?* Ask it in the morning, and again when you're stuck.

*Thy will (not mine) be done.* Say it when you're upset, before you speak.

*Must go with us constantly.* Not once a day. Many times.

You can also pray in your own words. Here is one way:

*Lord Jesus, thank You for this day sober. Your mercies are new every morning, and I needed them today.*

*Search me, and show me where I was selfish, dishonest, resentful or afraid. Don't let me hide from it, and don't let me drown in it either.*

*Where I was wrong, give me the courage to say so, quickly and plainly. Where someone wronged me, help me see them the way You see them, and help me forgive the way You have forgiven me.*

*Take my eyes off myself. Show me someone I can help tomorrow. Thy will, not mine, be done. Amen.*

# Ready for Step Eleven?

Before you call this step done, talk these over with your sponsor:

- Are you doing the nightly review most nights?
- Are you making amends promptly when you're wrong?
- When one of the four shows up, are you stopping to name it and hand it to God?
- Are you telling someone when it happens?
- Are you turning to help someone, not just to fix yourself?
- Are you still going to meetings, calling your sponsor, and going to church?

Step Ten never really ends. You don't finish it. You keep doing it. Once it's part of your days, you're ready to go deeper.

## What's next

Step Eleven is prayer and meditation. In the book, it comes right after Step Ten, and the nightly review you've started here is part of it. Step Eleven adds the morning and the middle of the day: asking God for direction before you start, and pausing when you're agitated or doubtful.

Read pages 85–88 this week. Keep doing your spot-checks and your nightly review. They're the bridge.

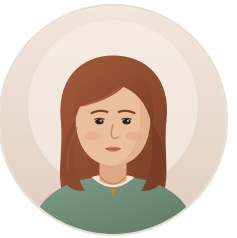
KEEP GOING

# Talk it over with Jimmy or Sarah

Steps & Scripture is a Christian Twelve Step app for iPhone and Android. Your sponsor, Jimmy for men or Sarah for women, is an AI who knows *Alcoholics Anonymous* and the Bible. Your sponsor walks the steps with you, one conversation at a time, and keeps pointing you to meetings, a human sponsor, your church, and the phone.



**Jimmy**



**Sarah**

Download on the App Store

Get it on Google Play

Free to download. First month free, no card. For adults 18 and older. Jimmy and Sarah are AI. They are not people, and they say so.

IF TODAY IS A BAD DAY

# Get help now

**If you are in danger or thinking about hurting yourself:** call or text **988**, the Suicide & Crisis Lifeline, or call **911**.

**Withdrawal can kill.** If you have been drinking heavily and stopped, and you are shaking, sweating, confused, seeing things, or have had a seizure, go to the ER today. If you drink heavily every day, talk to a doctor before you stop.

## If you want to drink

- Call someone before you pick up. Your sponsor, someone from a meeting, your pastor.
- Get to a meeting today, early, and stay late.
- Ask: am I hungry, angry, lonely or tired? Deal with that first.
- Play the tape forward. Walk past the first drink to tonight, tomorrow morning, and who you'll have to tell.
- Pray. Even "God, help me" counts.

The SAMHSA National Helpline is free and open 24/7: 1-800-662-4357.

THE PROGRAM

# The Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. **Continued to take personal inventory and when we were wrong promptly admitted it.**
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual experience as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

1939 wording (*Alcoholics Anonymous*, p. 59).