

## STEP TEN: HOW TO DO IT

The AA Big Book says this about Step Ten:

*... Step Ten ... suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. 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.*

Some of us reduce this outline to the following simple approach: Moment by moment, we ask ourselves the following questions:

*Right here, right now, what am I thinking?*

*Right here, right now, what am I feeling?*

*Right here, right now, what am I doing? What am I considering doing?*

In other words, we attempt to watch ourselves constantly. We will say more about this business of "watching" in another section.

Depending on what we discover about ourselves with these questions, we may take certain actions -- or refrain from taking certain actions. We may decide an apology is in order. We may pray about our answers. We may even decide to write about them at some length. But none of these things can happen unless we are aware on an ongoing basis of our thoughts, feelings, and actions.

Here again are the questions we constantly ask ourselves as part of our Step Ten:

*Right here, right now, what am I thinking?*

*Right here, right now, what am I feeling?*

*Right here, right now, what am I doing? What am I considering doing?*