

Step 10 // Twelve and Twelve Notes

1 2 3 4 5 6 7 8 9 **STEP 10** 11 12

We have a foundation. Now, we build.

Discussion points as we read:

1. Did you practice any of the described types of inventories before getting sober? (p89)
2. Aren't these practices joy-killers as well as time-consumers? Must A.A.'s spend most of their waking hours drearily (p89)
3. Habit of Self-Appraisal (p89)
4. Are there things that should justify anger? (p90) What about justified Jealousy, Envy, Self-pity, or hurt pride?
5. Share your experience with "Dry Benders" (p90)
6. Self-restraint: share your experience with change in this area (p91)
 - a. Speaking or acting hastily
 - b. Unkind tirades
 - c. Willful snap judgement
 - d. Restraint of "tongue and pen"
 - e. Quick-tempered criticism
 - f. Furious power-drive arguments
7. Vigilance with Success (Importance and Material Success): share your experience with change in this area (p92)
8. Get honest: Love; Indifference; Dislike or hatred (p92)
 - a. Why do we as AA's NEED better than this?
 - b. Do you hold any justified hates? Can you at least see the possibility of letting go?
9. What are the unreasonable demands that you make on your loved ones today?
 - a. Drunk compared to Early Recovery
 - b. Early Recovery compared to after working Step 10
10. Share your experience practicing justice and courtesy with those we dislike (p93)
11. Share your experience w/ failing others and turning it around through the 10th step (p93)
12. Share your experience w/ balance sheet, looking for both positive and negatives (p93)
13. Why is it so important to focus heavily on our failings, to convert them to assets? (p93)
14. Share your experience w/ rationalizing in sobriety (p94)
 - a. False "constructive criticism" VS healthy empathy and suggestions
 - b. Gossip, looking for superiority VS. healthy growth by other's mistakes
 - c. Teaching a lesson VS forgiveness
 - d. Seeking attention / Complaining VS Humility

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Where does "Acid Test" come from? p37, p88

Gold prospectors and dealers need to be able to distinguish gold from base metal. The original acid test was developed in the late 18th century and relied on nitric acid's ability to dissolve other metals more readily than gold. To confirm that a find was gold it was given 'the acid test'. A test sample was used to mark a touchstone and the degree to which it dissolved when the acid was added determined whether it was gold. Various other later tests also used acid and these are all called 'acid tests'.

"Sins of Omission or Commission" p89

Sins of commission are sins that we commit by doing something we shouldn't do. It's the type of sin in which we are most familiar. For example, if a man brutally beat an elderly lady on the subway, we'd all be infuriated and disgusted. Or if a man cheated on his wife, we'd immediately know it was sin. Why? Those things are easily recognizable as sins of commission. It's something someone did that they shouldn't have done.

Sins of omission are sins we commit by NOT doing something we SHOULD do. This is a sin that is easy to hide from others. It's difficult to commit a sin of commission and get away with it, but it is quite easy to commit a sin of omission without others knowing, making these arguably far more dangerous.

"Restraint of Tongue and Pen" p91

A Russian proverb, meaning responding to a situation is always better than reacting to it. When we react to anything, it is usually with the first thought, word, or action that comes into our mind to retaliate with. If we are hurt, we often try to hurt back; if we are angry, we want to lash out in response; if we are left out, we want to reject those who left us out. In recovery circles this is used with "Retreat, Rethink, Respond", although commonly misused as "Retreat, Rethink, React"

"Pain is the touchstone of all spiritual progress" p93

The anonymous source, as cited on p. 93 of the Twelve Steps and Twelve Traditions, is believed his sponsor, Father Ed Dowling. Father Ed suffered with some serious physical pain. It was this pain that helped Father Ed continue to rely on God, instead of himself, for his strength amidst physical suffering. *Reference: The Soul of Sponsorship, p. 37.*

"Day's Ledger", p94

An analogy describing a daily inventory of our assets and defects, our good deeds and wrongs, compared to a financial book showing all deposits and withdrawals.

Glossary

"Acid Test" a conclusive test of the success or value of something. (p88)

Axiom A statement or proposition which is regarded as being established, accepted, or self-evidently true (p90)

Conduct The manner in which a person behaves (p94)

Drearily Depressingly dull and bleak or repetitive (p89)

Emphasis Special importance, value, or prominence given to something (p89)

"Fair-minded" Impartial in judgement; just. (p91)

Grooved established as if settled into a groove or rut (p89)

"Hastily or Rashly" With excessive speed or urgency; hurriedly, Without careful consideration of the possible consequences. (p91)

Jag A bout of unrestrained or excessive indulgence (p90)

Morbidly in an abnormal and unhealthy manner (p89)

Permeates Spread throughout (something) (p94)

Rehashing Reuse (old ideas or material) without significant change or improvement (p89)

Scorn A feeling and expression of contempt or disdain for someone or something (p91)

Self-Righteous Having or characterized by a certainty, especially an unfounded one, that one is totally correct or morally superior (p90)

Serenely In a calm, peaceful, and untroubled manner (p88)

"Snap Judgement" A hurried or impetuous decision or finding (p91)

Tirade A long, angry speech of criticism or accusation (p91)

Tolerant Showing willingness to allow the existence of opinions or behaviour that one does not necessarily agree with. (p91)

Turmoil A state of great disturbance, confusion, or uncertainty. (p94)

Unsparing Merciless; severe. (p88)

Vigilance The action or state of keeping careful watch for possible danger/difficulties (p92)

Wrath Another word for anger (p90)

Step 10 from the Big Book, p84-85

[p84:] 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. 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.

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 **[P85:]** react sanely and normally, and we will find that this has happened automatically. We will 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. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. 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. That is our experience. That is how we react so long as we keep in fit spiritual condition.

[Note: the second paragraph above is commonly referred to as the Tenth Step Promises]