

# **THE SOBRIETY METER**<sup>©</sup>

## **How to Do a 10th Step**

**If something comes up throughout your day, do the following immediately:**

- 1.) Ask yourself “What part of this did I cause?” without considering the other person or their actions.**
  - If it is your fault, stop and talk to the person and correct your part *now*. Then, review the remaining points below to determine why and how to change yourself and your actions.
  - If it is not your fault, focus on how you reacted or are reacting by reviewing the remaining points below to determine why and how to change yourself and your reactions.
  
- 2.) Ask the following:**

Were you...

  - Resentful/Envious?
  - Dishonest/Insincere/Cheating?
  - Selfish/Manipulative/Controlling?
  - Afraid/Fearful?
  - Thinking of what you could do for others?
  - Trying to lift up everyone you met today?
  
- 3.) Pray and ask your Higher Power to take this from you, to remove your shortcomings and character defects.**
  
- 4.) Amends:**
  - What can or could you change? (You can change yourself not people, places, or things.)
  - Do you owe amends? (You don't always owe amends, but when you do, correct for it.)
  
- 5.) Call/Text someone (sponsor) and discuss this 10<sup>th</sup> step every time.**
  
- 6.) What you can change now:**
  - Calm yourself and relax.
  - What can you change about your expectations?
  - What can you change about your attitude?
  - What can you change about your perspective?
  - What are your grey areas? Are you permitting yourself to continue because you feel it is not really wrong?
  
- 7.) How can I be useful to someone?**
  - Getting out of yourself and helping another is critical to changing yourself.
  
- 8.) 10<sup>th</sup> step check-in:**
  - If you are having a good day and nothing “bad” is happening, complete this as a 10<sup>th</sup> step check-in. It is at times of happiness that we can forget to be grateful. We can get prideful, and it is at times like these that checking in is important to continuing change.

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