

10th Step inventory: Nightly Review (Big Book p. 86): When we retire at night we constructively review our day, were we...
Resentful? ___ Selfish? ___ Self Seeking: ___ Jealous? ___ Dishonest? ___

Was I Afraid... of losing something I have of not getting what I want of being found out

Do I owe an apology?

Have I kept something to myself which should be discussed with another person at once?

Was I irritable, restless or discontent?

Was I kind and loving toward all?

Was I thinking of myself most of the time?

What did I do for others, what did I pack into the stream of life?

What could I have done better?

Freedom from Bondage:

G-d I take this time to become quiet, and pray for _____

I pray for _____ to have all that I wish for myself:

Good Health, A Loving Family, protection over his/her loved ones,

Peaceful moments and the inner knowing that he/she is good and enough.

I pray that you help me change my thinking about _____ and become more grateful to him/her for coming into my life as a teacher.

To help me grow closer to you, and thus enlarge my spiritual life.

Please help me to remember that:

Just like me _____ is seeking some happiness for his/her life.

Just like me _____ is trying to avoid suffering in his/her life.

Just like me _____ has know sadness, loneliness and despair.

Just like me _____ is seeking to fulfill his or her needs.

Just like me _____ is learning about life.

Dear God please help those who still suffer, in and outside the rooms, including: (names go here)

Intention for today: 11th Step Prayer

“O Lord, make me an instrument of Thy Peace!

Where there is hatred, let me sow love.

Where there is injury, pardon.

Where there is discord, harmony.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sorrow, joy.

Oh Divine Master, grant that I may not

so much seek to be consoled as to console;

to be understood as to understand;

to be loved as to love;

for it is in giving that we receive;

it is in pardoning that we are pardoned;

and it is in dying that we are born to Eternal Life.”