



# 10th Step Inventory Pdf

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Step 10 Daily Checklist Step Ten: Continued to take personal inventory and when we were .  
AA Step Daily Inventory Worksheet Name: Date: Complete this worksheet at the end of . Dec  
10, · 10/11Th Step Daily Worksheet Date: How was I Resentful (if so, do 4 column . A  
worksheet to help you complete the 10th step of Overeaters Anonymous, based on Alcoholics  
Anonymous literature. It guides you to identify your resentments, fears, mistakes, and  
instincts, and to pray for God's help. My Daily (Step 10) Personal Inventory 1) brush it off - let it  
go | 2) pause and pray | 3) put pen to paper LIABILITIES to watch for: Check for each day for.  
Complete this inventory at the end of any day, especially if you don't feel right. If you run out of  
space in any box, continue on other side. Was I RESENTFUL? Of who? SELFISH? How?  
DISHONEST? How? FEARFUL? Of what? Am I obsessing about anything? Am I keeping any  
secrets? Did I cause any harm? Do I owe any apologies?.