

Barbara McConnell

Tenth Step

One of the most important things I pick up from this step so that through taking a daily inventory you begin to start having an Inner balance- you're OK with yourself you're not holding resentments or anger for people or actions you've taken on people because if you do slip up and suppose you blow up at your boss you can go back to him not allowing your ego to get in the way and admit you were wrong and make any amends necessary and at the end of the day feel good about yourself instead of dwelling on anger or self pity.

Ego too is a big thing I had to overcome when I first came into the program there was no one who could tell me I was wrong at any time because my ego was so inflated over coming out of my addiction.

How I got in touch with reducing my ego was to look back on my addiction and see really what I had and where I was going. When I was doing everything my way according to my rules and that almost got me dead DEAD so I became more willing to let other people help and to let N.A. help me and by following the steps and doing Gods will I can say I have a lot more serenity now. When it comes to things I encounter in my daily life and problems that arise I find it easier to deal with knowing I won't or don't have to carry pain over it.

One of the quickest things that will trip us up in our daily living is taking on the attitude of being perfect or the unwillingness to let others know that there are things wrong with us. For this will push us away from others quicker than anything. The more of an attitude of being perfect that we take on, the harder it is to even be honest with ourselves. We may even start to actually believe our own lies. This would surely be the beginning of the end for us drug addicts. This all stems from foolish pride. Sometimes we like to think that we can take it all on by ourselves, that we don't need others to help us in our sobriety and daily living. Some of us would even choose "death before dishonor". This step will help us to constantly stay aware of these pitfalls so we can make an effort to change these things. If we constantly remind ourselves of something that we feel to be harmful, it is pretty hard to continue to do those things.

10th Step

"We continued to take personal inventory and when we ~~wrong~~
promptly admitted it"
~~that~~ ^{keep} this step helps us growing and changing. It is easy
after dealing with the past in the other nine steps to
become complacent and to think we have it "all together"
although we have made some changes in our lives having it
"all together" is far from the truth. We need to keep look-
ing at ourselves in order to maintain a sense of manage-
ability in our daily lives. Also to keep old forms of behav-
ior from creeping back in on us.

We all have days when nothing goes right or at least
the way we think ~~they~~ ^{things} should. The world is full of injustice
and we as human beings get our share. ~~and~~ naturally we feel
angry and hurt. But we must remember in order keep ourselves
on an even keel we must not allow ourselves to be carried
away these or other negative emotions. How many nights
have we spent restlessly nursing a resentment while the
supposed subject of our resentment probably slept calmly
and quietly. We need to deal with ourselves first realizing
where we were wrong or maybe just what can I do to make
things better rather than to "take" others inventory ^{and} for-
get about our own defects.