



Daily Inventories/Tenth Steps

The Overeaters Anonymous (OA) version of Step 10 reads, "Continued to take personal inventory, and when we were wrong, promptly admitted it." You can do these short writing exercises at any point in your Step work, even if you haven't completed any of the Steps! Is there a Tenth Step format you like? Share it with us at SecularOvereaters@gmail.com.

AEIOUY

In this format, each letter stands for a question:

- A** = Have I been **Abstinent** today?
- E** = Have I **Exercised** today?
- I** = What have **I** done for myself today?
- O** = What have I done for **Others** today?
- U** = Am I holding on to **Unexpressed** emotions today?
- Y** = **Yeah** or **Yippy!** What is something good that's happened?

What's on your plate today?

This about your schedule, not food. It's sort of an action plan or to do list.

1. How was the food yesterday, and how has it been today?
2. What feels hard for me? Do I have any resentments?
3. What do I need to turn over to the care of the universe so I can get present?
4. When was I wrong? Did I promptly admit it? Do I have unfinished business?
5. How have I participated in my own recovery and self-care in the last day?
6. Have I done anything I love or that made me happy recently?
7. What did I do that took courage?
8. List 10 things I am most grateful for.

The 4 Gs

Spend 10 minutes writing about these four G words:

- What went **Great** today?
- What **Glitches** did I encounter?
- What am I **Grateful** for?
- What are my **Goals** for tomorrow?

Ten Things

1. List 10 things you wish you'd done differently. (These can be little or big.)
2. List 10 things you are grateful for.

Traditional Alcoholics Anonymous (AA) Tenth Step Nightly Inventory

1. Was I resentful today?
2. Was I dishonest?
3. Did I promptly admit when I was wrong?
4. Do I owe an apology?
5. Did I do or say something out of fear?
6. Have I kept something to myself that should be discussed with another person at once?
7. Did I think of what I could do for others?
8. Was I kind and loving towards all?
9. Did I reach out to someone in recovery to see how they were doing?
10. Did I take the time to connect with my higher power [or your favorite substitute] through prayer or meditation?