



Daily Inventories/Tenth Steps

The Overeaters Anonymous (OA) version of Step Ten 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 = **Yay** or **Yippy!** What is something good that’s happened?

GRAPES

G: One way you were **Gentle** with yourself today.

R: One way you **Relaxed** today.

A: One thing you **Accomplished** today.

P: One thing you did for **Pleasure**/joy today.

E: One thing you did for **Exercise**/body movement today.

S: One thing you did for **Social** interaction today.

The Four Gs

Spend ten 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?

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 ten things I am most grateful for.

Today I [will] Checklist

This daily inventory comes from *The Alternative 12 Steps: A Secular Guide to Recovery* (page 93). Cleveland's version is written in the present tense, but you can do the past when you're reflecting on your day.

Today I [will]...

Do/Did something for someone else.

Do/Did something for myself.

Do/Did something I don't want to do that needs doing.

Do/Did some physical exercise.

Do/Did something that takes real thinking.

Do/Did take time for reflection and gratitude.

Tenth Step Quick Round

Melissa S, of San Francisco, CA, has a busy life so she does this daily speed-round inventory where she lists just a few words for each part, and it's enough to do the job.

1. A name or issue.
2. How is it affecting me?
3. What is my part?
4. What might the amending action be? (Especially if there's no apology, then how am I going to amend my behavior, or how could I change so this doesn't happen again, or am I going to "pray" by doing a loving kindness meditation for the person, etc.)

Sample

1. Name: My Partner
2. Effect: Resentment
3. My Part: Didn't speak up
4. Amends: Speak up now

Ten Things

1. List ten things you wish you'd done differently. (These can be little or big.)
2. List ten 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?