

## **STEP 10 : Continued to take personal inventory and when we were wrong promptly admitted it.**

P84:2:

- 1.) "**Continue** to **W**atch for selfishness, dishonesty, resentment, and fear." (Step 4)
- 2.) "When these crop up, we **A**sk God **at once** to remove them." (Steps 6 and 7)
- 3.) "We **D**iscuss them with someone **immediately**..." (Step 5)
- 4.) "...and make **A**mends **quickly** if we have harmed anyone." (Steps 8 and 9)
- 5.) "**Then** we resolutely **T**urn our thoughts to someone we can help." (Step 12)

### **The Directions: W.A.D.A.T.**

1. **W**atch
2. **A**sk
3. **D**iscuss
4. **A**mends
5. **T**urn

### **WHEN? ----->: "Promptly"**

1. "Continue"
2. "At Once"
3. "Immediately"
4. "Quickly"
5. "Then"

= **URGENCY : EARLY DETECTION** is the best means of treating any illness

*"It looks to me like if we follow the directions in the book then we will be doing steps four, five, six, seven, eight, nine (and twelve) everyday, on a daily basis, for the rest of our lives. I would defy anybody to do four, five, six, seven, eight, nine and twelve on a daily basis and stay the way you are. You absolutely cannot do that!*

*"You can't do step 10 the way the book says and stay the way you are. You just can't. Your relationship with God, with yourself, and with your fellow man will become better and better and better and better. A new dimension of living that we never dreamed existed will open to us."*

--- Charlie Parmley, August 1998, Laughlin, NV,

## **STEP 10 : *Our daytime walking around step (the step we use in the course of the day to deal with the events of the day)***