

## **Step 10, Group 1**

**We continue to think about our strengths and weaknesses  
and when we are wrong we say so.**

Step 1 Calls us to be Honest

Step 2 Calls us to have Hope

Step 3 Calls us to Faith

Step 4 Calls us to have Courage

Step 5 Calls us to have Integrity

Step 6 Calls us to Willingness

Step 7 Calls us to Humility.

Step 8 Calls us to Forgiveness.

Step 9 Calls us to Justice.

### **Step 10 Calls us to PERSEVERANCE.**

Step 10 calls us to be continually self-aware of how we interact with others.

- Calls us to “self-awareness.”
- Calls us to pay attention to others needs from us.
- Calls us to make “instant” amends if we harm them in ongoing relationships.
- Calls us to be “aware” of any current “disharmony” in our relationships and do something about it.

Perseverance means consistency and diligence.

- We must practice-practice-practice to get good at being a positive person:
  - A person who shows every day that they love themselves
  - A person who shows every day that they treat themselves with respect.
  - A person who shows every day that they “care” about themselves and others.
  - A person who “sticks” with becoming a better person.
  - A Person who never gives up.

You can use your journal to do this. Here are some things that might work for you:

	Journal every day about how your day went.
	Jot down times you realize you are slipping out of harmony with yourself.
	Jot down times you realize you are slipping out of harmony with others.
	Write out times you are feeling "moody."
	Write out what you might be wrong about.
	Jot down compliments that others give to you.
	Write out what you accomplished today.
	Write out what got in your way today and prevented you from positive actions.
	Write out what made you feel angry today.
	Write out what made you feel lonely today.
	Write out what made you feel jealous today.
	Write out what made you feel happy today.
	What brought you contentment today?
	Why do you think you were lazy today?

## Step 10, Group 2

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**Step 10 Calls us to PERSEVERANCE.**

**Review: What does “perseverance” mean?:**

Steps 1-9 have taught you to see the truth about your behavior

- and how the rest of the world sees you.
- how the rest of the world “responds” to you.

With this “awareness, you can now see what is going on during every moment of your day:

- What you do.
- What you say.
- How others respond/react to you.

The PURPOSE of Step 10 is to demonstrate to yourself and others that you HAVE the ability to:

- Act with purpose (what does this mean?):
- Control your actions.
- Stop acting impulsively (without thinking).

Below are some examples of being “unaware” of your thoughts/behaviors/feelings in situations – and what the outcome is:

Situation	What Did You Do?	Good or Bad Outcome	Alcohol/Drugs involved? (yes or no)
Somebody cuts you off in traffic.			
Someone uses the “F” word on you.			
Your mother forgets your Birthday			
Your brother steals \$ from you			
You get fired from your job			
Your partner doesn’t come home			
You get pulled over for speeding			
You shoplift booze & get caught			
Someone “disrespects” you			

Share your thoughts and feelings about the difference in your responses when alcohol/drugs are involved in your actions.

Do you like greater AWARENESS? (discuss)

Let’s mind-map “awareness”

### **Step 10, Group 3**

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### **Step 10 Calls us to PERSEVERANCE.**

**What does perseverance mean?**

**Who are you aware of that shows perseverance?**

Step 10 IS NOT about being perfect! It's all about paying attention to yourself

- being "aware" of what's going on in your life (thoughts, feelings, behaviors-choices)
- Feeling more confident that you have the ability to control your actions – and are no longer a victim of circumstance.

**What tools do you have that will help you pay more attention to yourself?**

Step 10 is all about picking up the “unfinished” healing business of Steps 1-9.

Ask yourself :

What have you been avoiding		Why?
Who have you been avoiding?		Why?
When are you most selfish?		Why?
When are you most tempted to be dishonest?		Why?
When are you most fearful?		Why?
What makes you anxious?		why

Group 10 Group 3

**We continue to think about our strengths and weaknesses  
and when we are wrong we say so.**

Let's Mind-Map the Spiritual Gift/Value of Perseverance.

**Perseverance – Stick To IT!**

## Ticket Group 1

## Ticket Group 2

Welcomed Sobriety Circle group this morning and opened session with the Serenity Prayer.

Reviewed concepts/discussion from last session Step 10:

**We continue to think about our strengths and weaknesses  
and when we are wrong we say so.**

Defined again what Step 10 calls us to: “perseverance” and willingness to continue working our program and “sticking with it” despite temptations/triggers for “giving up.” Went on to

Explain that Step 10 calls us to demonstrate to yourself and others that you HAVE the ability to:

- Act with purpose (what does this mean?):
- Control your actions.
- Stop acting impulsively (without thinking).

Examples of this were provided and discussed. Good group work.

Plan:

- Continue discussion/processing of the purpose and meaning of Step 10.
- Continue peer support of sobriety.

### **Individual Note:**

Client active and cooperative with group process. Able to relate that their ability to act with purpose is enhanced with sobriety.

## Ticket Group 3

Welcomed Sobriety Circle group this morning and opened session with the Serenity Prayer. Continued discussion/processing of the meaning of Step 10 and how this is implemented in every day life.

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Discussed how this step does not call us to perfections – rather a daily growth in personal integrity and honesty with ourselves and others. Talked about working on all the “unfinished” business in our lives – those things/people/situations we avoid. Group members shared thoughts/feelings around this topic. Group mind-mapped their ideas/understanding of the principle of “perseverance.”



**Plan:**

- Continue processing/study of Step 11 of the 12 Steps of AA.
- Continue encouraging assertive peer support and encouragement.

**Individual Note:**

seemed interested and engaged with today's open session. Respectful of peers and could related with them.