

A sponsor gave his sponsees the following 10th and 11th Step inventory and told them to write it out every evening before I go to bed:

Date: ____/____/____

10th/11th Step

The Twelve Nightly Questions

Chronology of today's events

1. How was I resentful? (If so, do 4-column inventory.)
2. How was I selfish?
3. How was I dishonest?
4. How was I afraid?
5. Do I owe an apology? Who did I help today?
6. What have I wrongly kept secret?
7. Was I unkind? (cruel, harsh, unfeeling) What did I accomplish today?
8. Was I unloving? (cold, unresponsive, indifferent)
9. What could I have done better? What am I grateful for today?
10. Was I thinking of myself most of the time?
11. Was I thinking of what I could do for others? Who needs my prayers today?
12. Was I thinking what I could pack into the stream of life?

But we are careful not to drift into worry, remorse, or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measure should be taken.

We say a Prayer: "God, please forgive me for my failings today. I know that because of my failings I was not able to be as effective as I could have been for you. Please forgive me and help me to live thy will better tomorrow. Father, I ask that you now show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. Show me how to make my relationships right, and grant me the humility and strength to do thy will. Amen."