

Not Scary 15 Minute Solution of Step 10

Which am I experiencing: fear, resentment, guilt, remorse...?

(Early detection is key to serenity)

What specifically happened?

(current or past)

What does this affect?

Self-esteem Security Ambitions Personal Relations Sex Relations

How did I contribute to the problem?

(What I said, did or didn't do, or thought -- including my expectations.)

Which of my character weaknesses is involved in this situation?

(Ask God to remove these character defects immediately.)

Selfish Dishonest Self-Seeking and Fearful Inconsiderate

In light of the truth, which person should I discuss this with right now?

(sponsor, trusted friend, spiritual mentor, or person I offended)

If I hurt anyone, I can make an amends quickly.

(Write out a sentence to use for that. Stick to this sentence and don't talk about anything they did.)