

Step 10 Continued to take personal inventory and when we were wrong, promptly admitted it.

Step 10 B – When we were wrong

How much do I not want to admit to be wrong one more time today?

What have I learned from making amends about the value of admitting my mistakes?

What has happened when I admitted my mistakes?

How has admitting my mistakes even if just to myself kept me humble?

How does admitting my mistakes allow me to move on from them? What kind of freedom does this process bring?

How can admitting my mistakes allow me to let go of today and regain some serenity? How does this process reduce stress and remove burdens from my sleep?

How does this step help me in reducing pride, grandiosity, perfectionism, and demands I might put on others to be perfect?