

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

### Step 10 C – Promptly Admitting it

How much do I not want to admit that I am wrong – even to myself?

Many people read this step to mean that we are to admit the wrong to the person we think we have harmed. However, that is not directly stated. Who else might be a better person to admit this wrong to first? Myself? My Sponsor? My home group? Or another wiser person in recovery?

How might admitting to someone else help me identify exactly what I did wrong? For example, what was out of balance in my recovery so that I did that action?

How am I learning to admit to myself that I am often wrong?

Take the recent mistake:

What was the action that was wrong?

What were my motivations for doing that action?

What in my character made me have those motivations?

How does looking at these different levels suggest a fuller identification of what I am doing wrong? What type of deeper changes would help me not do this mistake in the future?

How does going over these mistakes with other people in recovery help me further my own recovery?

How am I learning to admit and accept myself when making mistakes? How is admitting my mistakes helping me learn how not to make those mistakes?