

Alcoholics Anonymous page 59:

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

Alcoholics Anonymous page 84:

"This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and "effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code."

Inventory: "Watch for selfishness, dishonesty, resentment, and fear"

Pray: "When these crop up, we ask God at once to remove them"

Share with God, ourselves and another human being: "We discuss them with someone immediately"

Call sponsor, if they do not answer, leave voicemail detailing the situation. If needing immediate support, after leaving voicemail call another member to share. You might also use What'sApp, "Continue To Watch"

Step 10 Chat Group: <https://chat.whatsapp.com/KAIfGCNzIA7a4Op6DaAEX>

Promptly admitted it: "... make amends quickly if we have harmed anyone." Discuss an amends with another member and make it As Soon As Possible.

"Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code." - this is a great time to reach out to a newcomer whose number we got at a meeting. Think of ways to help a sponsees. Place availability to take recovery or 10th step calls in a group chat. Be useful to someone in front of us, a co-worker, family, friend, etc.