

10th Step

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

For me the 10th step was a great relief. I read it out of the 12 and 12 every day for a week while working it with my sponsor. For the 1st time I got a chance to work on my life today. At this point, I had cleaned up the wreckage of my past for the most part and was more than excited about living in the here and now. The reading talks about everybody having issues, that it's not just us alcoholics. For me this put me on an even playing field with the world. For once I was not less than. Everybody had problems. This also helped rid me of a lot of anger I had, because I could have compassion for others when I understood they were sick like me. I could understand people being grouchy, heck, I've had bad days. Maybe that's what their problem is today. It also says that "It's a spiritual axiom that every time I am disturbed there is something wrong with me". This was great news! I have a chance at fixing myself, but not fixing others. So when I get bothered, either learn to deal with the situation, or learn to foresee and avoid it. There are people and places I haven't seen in years. I found they are triggers and I just avoid them altogether. I don't have to be unhappy anymore. It is a choice and I choose to fix me.

Spot check inventories allowed me to learn what caused my stress and how to relieve it. I could see that drinking caffeine made me short tempered and just cutting out some soda in my day could help me relax. Taking a nap in the afternoon made me even better. The sooner I apologize and admit my wrongs, the quicker my peace returns. Going to the doctor when something is wrong is better than me just thinking the worst or trying to diagnose myself. I continue to fine tune a happier life with these.

Nightly inventories review my day and train me to respond better to situations the next time. I remember when I first started my nightly list. My "red" side was long and it was pretty hard to see any good I had done. After a few days, I noticed that I began thinking about my list with all my actions. At times I would do the "right" thing just because it wasn't worth putting on my bad list. Later I found that I could then put the action that I "didn't do" on my good list. By keeping myself from not doing something bad, I was doing something good, or at least better. Before long my "bad" list was small, and my "good" list was long. I would look for opportunities to do good things in my day. I found that I could go to sleep better and with a good conscious.

Annual inventories are also a great help. These seem to help me from allowing tiny issues that may not have required immediate attention to build up. It has also helped push me into dealing with something that I might have put off. I tend to do one about every year or so and was just talking to someone the other day that it was about time again and then was asked to write this. I love how God works in my life these days. He seems to always keep me focused in the right direction.

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