

Step 10 - I continue to take personal inventory and when I am wrong I promptly admit it

- What is your plan to allow time for reflection each day?
- What new behaviors would you like to try to make your program more effective? How would you go about implementing these?
- What kind of behaviors and attitudes do you need to be most vigilant against to keep from your addictive behaviors?
- What are your triggers for addictive behavior? How can you guard against them or prepare for them?
- What are some amends or remedies that you should make when you find out that you are wrong?