

Step 10-19 Daily

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

"Working Step Ten helps us deal with our shortcomings on a daily basis. Even with our best efforts we make mistakes. We are human and fall short of the mark regularly, even when we are abstinent from our addictive sexual behavior." Sex Addicts Anonymous pg 52

Date	What emotions have had an impact on my life today?	H.A.L.T or Fear?	How have I consciously acted to take care of myself?	Have I failed to take care of myself? If so, how?	What character strengths and defects revealed themselves in me today?	What am I grateful for today?	What resentments did I have today?

Date	What emotions have had an impact on my life today?	H.A.L.T or Fear?	How have I consciously acted to take care of myself?	Have I failed to take care of myself? If so, how?	What character strengths and defects revealed themselves in me today?	What am I grateful for today?	What resentments did I have today?