

Step 10-19 [Monthly/Quarterly](#) 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	How has my recovery changed over this time period?	When I look at my recovery over this longer time period, how does this longer view deepen my gratitude to my Higher Power?	Identify what requires renewed commitment to move my recovery forward.