

## QUESTIONS TO STEP 10, 12&12

1. What three things does step 10 help us make a habit of? pg. 88
2. What is the emotional hangover a result of? pg. 88
3. If inventory enables us to settle with the past & leave it behind, what are left with? pg. 89
4. What are the three main types of inventory? pg 89
5. The emphasis on inventory is so heavy because a great many of us have never really the habit of what? pg 89
6. What becomes of the rest of our hours when we spend time in self-examination? pg 89/90
7. What is the spiritual axiom?pg. 90
8. Who ought justifiable anger be left to? pg. 90
9. If we choose to ignore the spiritual axiom, what are we victimized by? pg. 90
10. How long could anger keep us on an emotional jag? pg. 90
11. What kind of disturbances, along with anger, could lead us straight to the bottle? pg. 90
12. What type of inventory can we take in the midst of disturbances during our day? pg. 90
13. What do we deliberately do regarding our long standing difficulties? pg. 90
14. In situations where people or new events throw us off balance & tempt us to make mistakes, what 4 things should we practice? pg 90
15. True or False? We should be discouraged if we fall into the error of our old ways? pg. 91
16. Instead of looking for perfection, what should we work for? pg 91
17. What's our first objective, that carries a top priority rating? pg. 91
18. When we speak or act hastily or rashly, what ability evaporates on the spot?pg. 91
19. How long can one tirade or snap judgment ruin our relationship with another person for? pg. 91
20. Nothing pays off like what? pg. 91
21. Criticism, argument, sulking and silent scorn are emotional boobytraps baited with what? pg. 91
22. What can we do as an insurance against "big-shot-ism"? pg 92
23. Why is it pointless to become angry at people? pg 92
24. What are the four keynotes by which we may come into harmony with practically anybody?g. 93
25. Inventory taking should not be one sided. What three successes should we include in our daily inventory? pg 93
26. What is the touchstone of all our spiritual progress?pg. 93
27. The door must we often pass through to get to serenity? pg. 94
28. In each thought or act that appears to be wrong, what should we examine?pg. 93
29. Why does rationalization, our ancient enemy, justify?pg. 94
30. What is that subtle, elusive thing that helps us hide a bad motive underneath a good one?pg. 94
31. What are the permanent assets we seek from step 10? pg. 95

## ANSWERS TO STEP 10, 12&12

1. self-searching, admitting/accepting what we find, and patient correction
2. excesses of negative emotion
3. the conviction to meet tomorrow's challenges as they come
4. spot-check, daily, and a careful review
5. accurate self-appraisal
6. They become better and happier?
7. Every time we are disturbed, no matter what the cause, there is something wrong with us.
8. Those better qualified to handle it.
9. Resentments
10. Indefinitely
11. jealousy, envy, self-pity, and hurt pride
12. the spot-check inventory
13. set aside time for that purpose
14. self-restraint, an honest analysis of what is involved, a willingness to admit if the fault is ours, and a willingness to forgive when the fault is elsewhere.
15. False
16. progress
17. self-restraint
18. the ability to be fair minded
19. a whole day or maybe a whole year
20. restraint of pen and tongue
21. pride & vengefulness
22. By remembering that we are today sober on by the grace of God, and any success we are having is far more His than ours.
23. Because, to some extent, they are emotionally ill as well as frequently wrong - they are just suffering from the pains of growing up.
24. Courtesy, kindness, justice, and love
25. Good intentions, good thoughts, and good acts.
26. pain
27. emotional turmoil
28. our motives
29. it justifies conduct which was really wrong
30. self-righteousness
31. an honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow