

Exercise S10-1 When We Were Wrong

In Step 10 we realize and acknowledge that we are not perfect beings; we have and will make mistakes. The good news is that by this time in recovery, we also realize that we have a God who loves us just the way we are. We do not have to be perfect for God or friends and family to love us.

This is a two-week (14 days) exercise. Each day you will list one fault (wrong) that occurred on that day and work the process for that fault. Thoughts for some columns:

- Wrong Committed: this could be as simple as unkind words to another person; it could be a slip or relapse from recovery.
- Who I Harmed: Remember, you could be the person you harmed.
- Harm I Did To This Person: may be helpful to consider if harm was physical, emotional, spiritual, etc.
- Character Defects That Surfaced: Be specific. Name it. Remember the chart of flaws and assets (p.346). Remember the table of your flaws created in Step 4.
- How Do I Intend to Make Amends: Remember the question: What can I do to make things right?
- How Do I Feel About Making Things Right: Identify your feelings (you can use the chart on p.315) about having made an amends for the harm you caused. You may have made the amends immediately after realizing the wrong; you may have made the amends in the following day or so.

The boxes in the table should expand as needed for your entries.

Day	Wrong Committed:	Who I Harmed:	Harm I Did To This Person:	Characters Defects That Surfaced:	How I Intend To Make Amends:	How I Feel About Making Things Right:
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2						
3						
4						
5						
6						

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