

STEP 10 IN ACTION

Continue to watch, ask, share, amend, and serve.

1

WATCH & EXAMINE

Notice selfishness, dishonesty, resentment, and fear when they arise. Also ask: "Was I loving toward all?" and "What can I pack into the stream of life?"



GO DEEPER

- Was I loving toward all?
- What can I pack into the stream of life?

Step 10 is not only removing defects, but also bringing love and usefulness into daily life.

2

ASK GOD AT ONCE

Say a short prayer asking God to remove the disturbance or defect.



3

SHARE IT IMMEDIATELY

Discuss it with a trusted person as soon as possible.



4

MAKE AMENDS QUICKLY

If you harmed someone, set it right as soon as you can.



5

TURN TO HELPING OTHERS

Shift your attention outward. Ask, "Who can I help today?"



DAILY REMINDER

Love and tolerance of others is our code.

By John Cunningham