

Step 10

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

No one can make much of his life until self-searching becomes a regular habit.

The time factor does come into play:

The spot check inventory.

The one at day's end - before retiring at night.

Upon awakening - perhaps a gratitude list text over morning coffee.

Making regular calls daily to another alcoholic-throughout the day, which helps to understand what times are good to get through with a live call and not voicemail.

"Give me a call when you get this message" as a good priority setting closer.

Annual or Semi-Annual housecleaning.

Separating justified and unjustified anger.

Entitlements for being mad for being cheated.

The emotional dry benders. Keeping us on an emotional jag indefinitely.

Constructive criticism as a means to win a useless argument.

Looking at the Fear behind the Resentment or Anger.