

Meeting Date:
Oct 15, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Step 10 – Admitting to myself

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Al-Anon Speaker: John Mc, Delafield

Book: Reaching for Personal Freedom, Page 54

Recently, someone I sponsor asked how I apply Step Ten. After some thought, I realized that over the years I've used Step Ten in many different ways. I've done situational inventories, in which I looked at a particular situation and wrote in detail about the problem, including who I resented, what made me fearful, and what was my part. I've also done relationship inventories using the same process. To provide clarity, I've shared what I've written with another person in Al-Anon. Then I have prayed about the situation.

Recently, I began admitting promptly to myself when I was wrong. I've lived so many years in denial, never admitting the truth to myself. Today when I am feeling resentful or afraid instead of serene, I promptly admit the harm to myself, and decide how to reclaim my serenity.

Today, I continuously do Step Ten. When I find myself feeling uncomfortable talking to someone or driving in traffic, for example, I check my feelings immediately. This helps me to keep my serenity all day.

- 1. How do I recognize when I am harming myself with feelings of resentment or fear?**
- 2. How does using Step Ten help me to keep my serenity?**

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