

Meeting Date:  
Oct 22, 2018

# Monday Night How it Works AFG Open Meeting

TOPIC: Step 10 – Continued awareness

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Al-Anon Speaker: Sarah N, Brookfield

Book: Reaching for Personal Freedom, Page 55

Step Ten is a vital part of my continuing recovery. By using it on a regular basis, I become aware of behaviors, habits, and attitudes that I have been unaware of previously. This awareness keeps me humble, allowing me to continually improve myself and grow.

After working the Steps, I thought I had taken care of my defects. By working Step Ten, I realized that as some defects disappear or move to the background, others pop up. Recently, I received an e-mail with information that I found disturbing. Instead of waiting for more information and considering the best response, I reacted and sent e-mails to several people, expressing my dislike of the situation. Within a very short time, more information arrived, and I realized that I had misinterpreted the first e-mail. I felt uncomfortable and did a quick inventory. I determined that I needed to immediately admit my mistake to those whom I had e-mailed, and that I needed to make amends to one person as soon as possible. More information, I recognized that reacting without thinking was a pattern of behavior that I wanted to change. I still have a tendency to react before I think. As I do daily inventories, however, it becomes easier to think first.

**1. How does Step Ten help me to become aware of behaviors, habits, and attitudes that I did not recognize previously?**

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