

# ASHLEY HASEOTES

*Recapitulation each day is how we make changes for the coming new day. In step 10, we learn how to use this technique each night to look at how we participated in our day. How did your day go?*

## Step 10

*“Continued our personal reflection and right our wrongs at once”*

Step 10 is where we put to use what we learned in the 4th step. The mechanics of the turn around and our character defects. In doing so, we remain in the Light and only grow closer to it. As a result, we are of better service to ourselves, to others, and to the Divine. That is the point of this after all!

Your work for Step 10 is a nightly writing assignment as well **continued daily awareness** of your defects.

Practice using the tools you’ve learned so far, to “turn it around” before it becomes a full-fledged resentment. This will become second nature and practicing helps make that happen. If you need to, write out situations that come up the same way you did in Step 4.

### Step 10 Instructions:

At the end of each day, for the next 10 days, in your journal ask and answer (in **12 words or less**) the following questions:

1. Was I resentful?
2. Was I dishonest?
3. Was I afraid?
4. Was I selfish?
5. Do I owe an apology? (If yes, make ASAP)
6. Have I kept something to myself that I should share with someone else? (Hint: nagging resentment)
7. Was I kind and loving toward all?
8. What could I have done better?
9. Was I thinking of myself most of the time?

10. Or was I thinking of others and what I could contribute?

When you are done, thank the Divine for its Infinite Love. Ask for guidance in the areas you see you need a little help (and that's OKAY!!).

<https://youtu.be/DzMMYwitVI4>