

**Step 10 - I continue to take personal inventory and  
when I am wrong I promptly admit it**

- *What is your plan to allow time for reflection each day?*
- *What new behaviors would you like to try to make your program more effective?  
How would you go about implementing these?*
- *What kind of behaviors and attitudes do you need to be most vigilant against to  
keep you from your addictive behaviors?*
- *What are your triggers for addictive behavior? How can you guard against them  
or prepare for them?*
- *What are some amends or remedies you should make when you find out you are  
wrong?*