**IDEA: INTERNATIONAL DAY EXPERIENCING ABSTINENCE**

**STEP TEN INVENTORY WORKSHOP on November 17, 2018**

**AGENDA, SUPPLEMENTARY INFO, and REFERENCES**

* Intro
* Mini-review of Steps 1-3
* Step 10 Discussion & Jen’s Sharing of Experience, Strength, and Hope (ESH)
* Background of This Way of Doing Step 10 Inventories (“*There are many ways to take a personal inventory.*” [The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd Edition, p. 70])
* Overview of This Way of Doing Step 10 Inventories
* Potential “Spiritual Prescriptions” May Include:
* **The Spiritual Principles** claimed as a result of answering “What would God Have You Be?”
* **“Sick Man [person]” excerpt & prayer:** “*We realized that those who wronged us were perhaps spiritually sick. Though we did not like their symptoms, and the way these disturbed us, they* ***like ourselves****, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended, we said to ourselves, ‘This is a sick man [person]. How can I be helpful to him. God, save me from being angry. Thy will be done.*’ ”
* **Serenity Prayer**
* **Fear Prayer** (see worksheet)
* “**Expressing gratitude** when we discover that defects are removed and problems resolved.” (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd Edition, p. 72])
* **Other** (outside resources)
* Group Practice of Step 10 Inventories

**REFERENCES:**

Alcoholics Anonymous (The Big Book)

The Twelve Steps and Twelve Traditions of Overeaters Anonymous; Second Edition, Overeaters Anonymous, Inc.

Twelve Steps And Twelve Traditions: Alcoholics Anonymous World Service

Twelve Step Workshop And Study Guide; Overeaters Anonymous