

CoDA-Tulsa – Melody Beattie “Codependents Guide to the 12 Steps”

STEP 10 – Exercise 1

“...Continued to take personal inventory and when were wrong, promptly admitted it...”

1. How do you continue your process of self-awareness and inventorying? Did you spend time each morning or evening reviewing your day? Or do you allow your insights to happen naturally, as you go through life and recovery? Do you combine tactics? What works best for you?

How do you continue your process?

Did you spend time morning/evening reviewing day? Explain.

Do your insights happen naturally? Tactics? What works best?

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STEP 10 – Exercise 2

“...Continued to take personal inventory and when were wrong, promptly admitted it...”

2. When was the last time you caught yourself doing something you didn't feel good about? Did you take care of the issue promptly?

When? What happened?

Did you take care of the issue?

What do you plan to do try to do differently in the future?

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STEP 10 – Exercise 3

“...Continued to take personal inventory and when were wrong, promptly admitted it...”

2. Either daily or weekly, force yourself to find one thing in your life and one idea about yourself that is good. Affirm that good until it sinks in and feels real. Strive to find one thing that you like about someone who is important to you, then take the risk of telling them.

What do you like about yourself?

Write an affirmation about it.

What do you like about someone important to you?

Write what you would like to say to that person.

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STEP 10 – Exercise 4

“...Continued to take personal inventory and when were wrong, promptly admitted it...”

4. Watch for ways that fear, anger, and resentment arise in your life. Watch for beliefs underlying these feelings. Watch for ways that your anger toward yourself influences your anger and behavior toward others.

Fears?

Anger?

Resentments?

How do these affect how you treat yourself? Others?

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STEP 10 – Exercise 5

“...Continued to take personal inventory and when were wrong, promptly admitted it...”

5. What is the affirmation you and your inner child most need in your life today? Do you need to tell yourself that all is well, that you can slow down and take your time? Do you need to promise yourself that you will protect and take care of yourself in a particular relationship? What is the fear or idea that bothers you most today about yourself and your life? Are you facing a stressful or fear-producing circumstance? Are you feeling inadequate about something? Create a loving, nurturing affirmation that helps you and your inner child know that your life will be fine.

Affirmation

Affirmation

Affirmation

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