

### **Questions for Tuesday Night Step Study:**

1. In order to restore trust in relationships, what particular weaknesses do I need to set boundaries around?
2. Do certain behaviors and character defects that show up in my Step Ten inventory point to a pattern? Which ones? What is being revealed about me?
3. What is my first response when I am angry? Lashing out? Stuffing down? Avoidance and covering up?
4. As this continual inventory is important for spiritual fitness, where in my daily routine can I set aside time to make self-assessment part of every day?
5. Where do I lose heart in fighting, training, and working through the Twelve Steps?
6. On what area or defect do I need to take action today? This week? This month?
7. Have I hoped for immediate release from my defects, as I may have had from my addiction? Have I perhaps unknowingly hoped that by doing all this step work I could attain perfection?

### **Personal Boundaries - Genesis 31:45-55**

1. Is there a trusted person to whom I can clearly define my commitments? Who? What commitments am I willing to make?

### **Repeated Forgiveness - Romans 5:3-5**

1. Am I having trouble admitting these promptly and forgiving myself?
2. Do I give myself grace? Why or why not?

### **Dealing with Anger - Ephesians 4:26-27**

1. How was my anger dealt with in my family? How did my mother deal with anger? My father? Which pattern do I follow?
2. When I am angry, can I promptly admit it? Why or why not?
3. Do I support people who can help me learn to deal with anger more appropriately? Am I willing to ask for assistance with this issue?

### **Spiritual Exercises - I Timothy 4:7-8**

1. Do I have any resistance to evaluating my defects daily? What are my objections? What do I fear?
2. An example of a simple, daily, personal inventory:
  - Where have I been selfish, dishonest, fearful, inconsiderable, or proud?
  - What have I done right today?
  - What do I need God's help with tomorrow?
  - What am I grateful for today?

### **Perseverance - 2 Timothy 2:1-8**

1. How do I see my recovery as a war against addiction and as a fight for my soul?
2. How do I see myself as an athlete training for the marathon journey of recovery and serenity?
3. Am I working in every season and situation, planting seeds of recovery by applying the Twelve Steps to my life?

### **Looking in the Mirror - James 1:21-25**

1. Have I been quick to recognize but not to take action in a particular area of my life or defect of character? If so, I can take action without self-criticism by going back through Steps Six and Seven, then Eight and Nine on that particular area or defect.

### **Recurrent Sins - 1 John 1:6-10**

1. Am I clear that I still need inventories to continue my spiritual growth? In other words, have I developed enough humility to accept that inventories will be a regular part of my journey? Explain.
2. Am I sensing that my conscience is returning or developing so that I more easily recognize my faults? Am I humble enough to admit them more readily? Record any progress you have noticed in your conscience.