



Recovery Ministry

Step Ten: Keep the List Short

iFOLLOW

Working with Jesus

The iFollow Discipleship Series



About the iFollow Discipleship Series Pastor's Edition

Categories

The iFollow Discipleship Series is designed to be used in congregations to assist people in their pursuit of God. This assumes that individuals are in unique places in their journey and there is no perfect set of lessons that everyone must complete to become a disciple—in fact discipleship is an eternal journey. Therefore the iFollow curriculum is a menu of milestones that an individual, small group, or even an entire church can choose from. The lessons can be placed in three general categories: **Meeting with Jesus** (does not assume a commitment to Jesus Christ); **Walking with Jesus** (assumes an acceptance of Jesus Christ); and **Working with Jesus** (assumes a desire to serve Jesus Christ).

Components

Each lesson has a presenter's manuscript which can be read word for word, but will be stronger if the presenter puts it in his/her own words and uses personal illustrations. The graphic slides can be played directly from the Pastor's DVD or customized and played from a computer. There are also several group activities and discussion questions to choose from as well as printable student handouts.

Usage

The lessons are designed to be used in small groups, pastor's Bible classes, prayer meetings, seminars, retreats, training sessions, discussion groups, and some lessons may be appropriate sermon outlines.

Credits

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Recovery Ministry—Step Ten

Keep the List Short

*This is the ninth in a series of eleven units
on how to lead a 12 Step addiction recovery ministry.*

Learning Objectives

1. Review the needs of the mentoring relationship as it relates to Step Ten.
2. Learn specific skills and assignments to help the mentee accomplish this Step.
3. Remember H. O. W. the method works for Step Ten.
4. Recheck the six attitudes and actions.
5. Learn the specific goals of Step Ten.

Content Outline

- A. Introducing Step Ten
- B. Recap H. O. W. for Step Ten
- C. Backup assignments
- D. Review the Six Attitudes and Actions
- E. Step Ten Summary and Goals

Background Material for the Presenter

Each of the 12 Steps takes about four weeks to complete. The entire process of the 12 Steps requires nine to 12 months. But each mentee will move at his or her individual pace. A mentee might move more quickly or slowly through the Steps depending on the level of commitment and honesty, the amount of time dedicated to homework, number of outside commitments, etc. It is up to you as the mentor to determine whether or not the mentee is



ready to move to the next Step. Each Step has a “Goals” section to help you decide on the mentee’s readiness to move on.

This unit introduces Step Ten. The assignments are broken down into four week-long sections. You can give fewer assignments during that week if the mentee needs more time, or give more assignments if the mentee is effectively completing the work with the appropriate level of commitment and emotion. The four-week schedule is just a guideline. Using the H.O.W. method will help you to determine a mentee’s state of mind and readiness to take the next Step in recovery.

Remember H.O.W. It Works

H=Humility—Humility is foundational to recovery; admitting our need is the only way we can receive help from God for our problems. As we draw near to the “end” of the beginning of a new life, humility has become an ordinary way of being. We know now that it not only is not necessary to hide ourselves and our secrets, temptations, failures, and needs; it is dangerous. It is unhealthy for anyone, but for us, recovering addicts, it can literally be fatal. We have opened our eyes. Now, we want to keep them open and live free.



O=Ownership—Acknowledging our problem is also primary to recovery. Owning our actions and attitudes, past and present, and accepting the fact that we are the only ones who can change who we are, is key to any lasting change. The hardest part was recognizing, admitting, and owning all those unhealthy attitudes and actions that held us hostage. We always thought we “couldn’t do any better.” Or, that we weren’t worthy of anything better. Now we know the truth. The easy part, compared to where we’ve been, will be keeping on owning up to the mistakes we make on a daily basis, as they happen. We will never live under the mountain of rubble again.

W=Willingness—Willingness is the third key to the door of progressive victory over our addiction. Willingness is our response to the challenge to face any obstacle; complete any task set before us; to do whatever it takes to achieve freedom from addiction. It’s getting easier now. If we are tempted to think we “can’t” do some necessary thing, all we have to do is look back. We did all *that* incredibly difficult work! How hard can it be now? In God’s strength, there’s nothing we *can’t* do.

These three keys are now working together in the life of a mentee who honestly didn’t believe s/he could live as freely as s/he does now. The long, hard road to recovery is never really over, but the worst part is behind him/her now. Life looks more possible than ever before

Some Things to Watch For

They are still open to correction. They may still sometimes (even for the rest of their lives) struggle with the temptation to think they are “bad” every time they make a mistake. As they move through this Step, you will help them to collect new “tools,” new attitudes, actions, and ways of talking to themselves that will help fend off the temptation and keep them from yielding to and believing it.

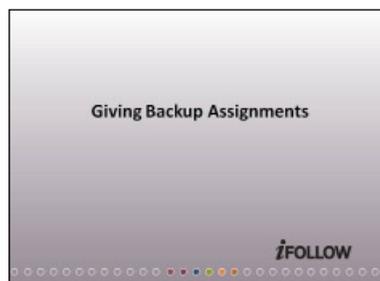


Their ability to express how the things they’ve learned have changed their beliefs and attitudes, their growing track record of changed action and healthy choices, can now begin to translate into a willingness to share what they’ve learned with others. It’s not too soon to begin to look forward to the idea of becoming a mentor themselves.

They have accepted personal responsibility for their past actions and attitudes and done all they can to make amends, though they may not have faced every person on their lists yet. A plan and timetable is in place and moving forward. Now they will learn to take that personal responsibility on a daily basis, making amends as things happen. They must realize that recovery doesn’t mean we never make mistakes again, or now know all the answers and will make healthy choices from now on. But they *never* want to go back to that hole!

Giving Backup Assignments

What if you have given your mentee the primary assignments and still don’t perceive your mentee is ready to proceed to the next Step? This is less likely to happen at this point. Step Ten is a forward-looking, positive-feeling Step. But they still move at their own pace. Keep praying for wisdom. God knows exactly what they need, and He will tell you what you need to do. Be creative. After God, you probably have the best picture of the mentee’s current state of mind, and you will soon be “graduating” from the close, daily, Step-by-Step relationship you’ve had with each other. The mentee must begin to learn how (especially in the next Step, 11) to lean on God for him/herself.



You have been sending them to God all along, teaching them to tap into the Source they need in order to see the problem themselves. God dispenses His wisdom freely. If they are willing, God can provide them with wisdom to learn to manage their daily life while avoiding the twin traps of trying to be control freaks or trying to avoid responsibility.

It is still important not to rush the program. You and the mentee are both scenting

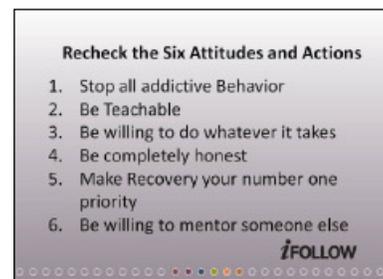
freedom on the horizon, but there is still no time limit and you never graduate from the 12 Step program. God works with us and through us right where we are and He never stops. One of the most important lessons a recovering addict can learn is that always, throughout life, we must never try to move on until He is done with us on any given lesson. Continue to pray for wisdom and ask questions.

In any assignments you give, whether primary or backup, the emphasis should remain on honesty and action. The mentee should not sermonize, quote the readings back to you or, analyze the finer points of recovery as a third person narrative. The mentor should see honest reflection—"what this means to me"—in all the writing the mentee does. After all, you can read the books, too. The mentor should look for what the mentee got from the assignment, and what they intend to do about it.

If necessary, you may go back to Handouts included in earlier units and repeat or adapt certain backup assignments.

Recheck the Six Attitudes and Actions

These six attitudes and actions are hard enough to initiate. They are much harder to maintain, in the drama and minutiae of daily life and with the enemy of our souls pulling out all the stops to make us fall back into old, unhealthy patterns, but they should be becoming a natural way of life by now. Mentor and mentee should still sometimes return and recheck the Six Attitudes:



1. Stop all addictive behavior. And stay stopped. It's never too late to fall off the wagon, and you'll never be immune to temptation. Don't take sobriety for granted. Hang onto it.

2. Be teachable. As the 12 Step slogan goes, "Ya gotta wanna." As Hebrews 13:17 says: "Be responsive to your pastoral leaders. Listen to their counsel. They are alert to the condition of your lives and work under the strict supervision of God. Contribute to the joy of their leadership, not its drudgery. Why would you want to make things harder for them?" (The Message)

3. Be willing to do whatever it takes. Again and again. Yes that is still important even at Step 10. Nothing changes if nothing changes. God will indeed change you. But first you have to decide if you are willing to pay the price. By now you should be sure the price was definitely worth it!

4. Be completely honest. Step Ten is about moving that "rigorous honesty" into every day of your life. Remember how scary it used to be? Not anymore. Okay, mostly not! But always worth it, no matter how scary. And it's a lot less terrifying when you can trust that you won't be shamed or ostracized – *not even by your old worst enemy, yourself.*

5. *Make recovery your number one priority today and tomorrow.* Your year of not making any major changes in your life circumstances in order to have maximum time and energy for your recovery work is coming close to its end. Perhaps for you it's been longer, or shorter. Be sure not to short-change yourself now. Your family and church friends, the people with whom you work can see the change in you by now, and most of them are cheering you on. Those who aren't have their own issues. As for you, you're still choosing to serve the Lord. "For whoever wishes to save his life shall lose it, but who ever loses his life for my sake shall find it." (Matthew 16:25) You've figured out by personal experience that giving up your life brings it back to you in greater capacity than you ever could have imagined.

6. *Be willing to mentor someone else.* Start thinking about it. You've learned a lot about the mentoring relationship from your mentor. Can you imagine yourself leading another as s/he has led you?

Step 10

We continue to take personal inventory and when we are wrong promptly admit it.

In Step 10 we practice the skills we have learned to this point. We learn to maintain momentum in our recovery. This is the time we maintain our recovery, keeping our garden free of weeds. It's so much easier now that the garden is mostly clear. Continuing the work on our relationship with God we began in Step 3, we now look at the underlying causes of our addictive behavior on a daily basis, correcting our mistakes as we go. In so doing, we find faith in ourselves for the first time—healthy faith, completely different from the old "I have it all under control!"



Goals: In order to move on to Step Eleven, the mentee must: (1) Continue identifying character defects and resentments, then immediately talking to someone about them. (2) Make quick amends with anyone s/he wrongs in the course of the day.

This document is designed to be a resource for the mentor. Portions of these pages are to be copied and given to the mentee—the individual the mentor is working with. The individual working the Steps should not work ahead. The pace of progress is at the mentor's discretion. The intent of weekly assignments is to move through the process in a thorough manner, not missing any detail. Moving too quickly through the assignments puts one at risk of missing something which may lead to relapse.

In addition to the various assignments, a daily (without fail) phone calling schedule must be set up and a weekly meeting time to go over homework and give new assignments.

Recovery is all about the journey; our goal is progress, not perfection. As in the parable

of the Good Samaritan, the fallen need a hand up, healing and a ride back to Recovery Town. Our goal is health, nothing more and certainly nothing less. Never forget that this person is the Lord's, not "mine;" that I don't know in my own wisdom what is best; that even when I disagree with this individual or am disappointed in his or her work, I must not judge, or view this one as "bad" or inferior. I ask God for the grace to see this one through His infinitely patient eyes, as a person in process, who I pray will make it through to the end. Because, above all, my God is the God of the Second Chance.

Handouts in this Package

Note to mentor: The first four handouts are four versions of one inventory. They are intended for use each week, as given in the assignments schedule.

1. Tenth Step Inventory, version 1
2. Tenth Step Inventory, version 2
3. Tenth Step Inventory, version 3
4. Tenth Step Inventory, version 4
5. Step Ten Assignments Schedule



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Additional Resources

- AA Services (2002). *Twelve Steps and Twelve Traditions*. New York City: AA World Services, Inc.
- AA Services (2001). *Alcoholics Anonymous Big Book Fourth Edition*. New York City: Works Publishing.
- Andrews University Department of Social Work (1997). *Helping Hurting Members*. Lincoln, NE: AdventSource.
- Cannon, Carol (1993). *Never Good Enough*. Nampa, ID: Pacific Press.
- Gates, Hal (1995). *Regeneration Manual*. Silver Spring, MD: American Health and Temperance Association.
- Kearney, Joseph (2008). *A Christian 12 Step Recovery Program*. Orlando, FL: Recovered Through Christ, Inc.
- McQ., Joe (1990). *The Steps We Took*. Atlanta: August House Publishers, Inc.
- Miller, Keith (1992). *A Hunger for Healing: The Twelve Steps as a Classic Model for Christian Spiritual Growth*. New York City: HarperCollins Publishers.
- Miller, Keith (1992). *A Hunger for Healing Workbook*. New York City: HarperCollins Publishers.
- Shoemaker, Samuel; Pittman, Bill and B., Dick (1994). *Courage to Change: The Christian Roots of the 12-Step Movement*. Grand Rapids: Fleming H. Revell Company.
- Williams, Don (2004). *12 Steps with Jesus*. Ventura, CA: Regal Books.

Websites

- Adventist Regeneration Ministries is an official ministry of the Seventh-day Adventist Church sponsoring 12 Step groups in local churches, schools and community service centers: www.adventistregenerationministries.org
- Alcoholics Victorious is a national network of groups that use the 12 Steps in the framework of Evangelical Christian theology: www.alcoholicsvictorious.org
- Bridge to Recovery is a private, supporting ministry of Seventh-day Adventists recognized by the Health Ministries Department of the North American Division and a member of ASI: www.bridgetorecovery.org
- Christian Recovery International is a web site listing many national networks of Christian 12 Step groups, recovery ministries and resource organizations around the

world helping the Christian community become a safe place for people recovering from addiction, abuse or trauma: www.christianrecovery.com

National Association for Christian Recovery is a non-denominational parachurch organization connecting 12 Step groups and other recovery ministries in local churches across the U.S.: www.nacronline.com

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Discussion Questions

1. As a group, come up with at least six things that are simple to do if you keep up with them, but become nearly impossible if they've been put off any length of time. Once you have a list, discuss the details of what happens when each is put off. Share personal stories if you wish.
2. When was the last time you honestly “took personal inventory”? What did you learn? What do you learn by putting it off?
3. What happens when you put off admitting you are wrong? Why do we so often do that?

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Questions

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Group Exercise

Purpose: To consider facets of and barriers to self-revelation.

Preparation: This exercise will require extra time and effort to set up. You will choose an area, perhaps in the meeting room, perhaps in a hallway, even outside if weather permits, and use chairs, tables, ropes or bungee cords, boxes, and whatever else your creativity suggest (trees and plants if outdoors) to create a narrow, twisting maze which is easy to walk in the sense of finding your way, but very difficult to do so without touching anything. (Getting a creative young person to help would be an asset.)

Assignment: Have the participants go single-file through the maze, leaving space between each one, but do have more than one person in the maze at once. Tell them they must get through without touching anything; if they do touch anything they must go back and start over. At first, call out when you see someone touch. Then begin to leave it to them to self-report. When everyone has navigated the maze to his or her own satisfaction, ask, "Is there anyone who actually touched something and did not report it and start over?" There may be several hands. If so, ask, "Does this impact how you feel now? Do you think you would feel differently if you had successfully navigated the maze without touching anything?"

Debrief: Discuss emotions, if any, related to this arbitrary and completely unimportant activity, and then the much more complex issues of self-reporting things that matter. Everyone would agree that it's intrinsically more difficult to get the slate clean the first time, and go through all the processes of making amends and so forth, than to keep it clean on a daily basis from then on. Yet, we are all likely to be holding one or more secrets we are reluctant to confess and make amends for. Why? What can we do to help ourselves do better? What are the advantages and disadvantages of secrecy or self-revelation? How do you know to whom to reveal what? When is it and isn't it helpful for another to call us on something?

Time: This will vary considerably depending on the size of your group and the length and complexity of your maze. Allow for some or all to do it more than one time. As a general guideline, a half hour should be sufficient for the maze, and another half hour for discussion. This activity will also have required a half hour or more for set-up.

Handout 1

Step 10 Inventory—Version 1 for Week 1

DATE:

Was I resentful or angry? [] yes [] no

(In the spaces below, list all those with whom you were angry or resentful. Then list the cause.)

Person/ institution The cause: why was I angry?

1. What part of me was affected? (self-esteem, personal relationships, material or emotional security, sexual relations)
2. Was one of my character defects involved? Which one?
3. Was I selfish or indulging in self-pity? If yes, describe how.
4. Was I a victim?
5. How could I have brought God and His love for me into this situation?
6. Do I owe someone an apology? If yes, to whom? When will I make the apology?
7. What could I have done differently? What healthy choices could I have made?
8. What did God say to me today in my time of reading, prayer and meditation? How will I put that into action?
9. Boundaries, balance and healthy self-care: what did I do to take care of myself today?
10. What am I grateful for today?

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Handout 2

Step 10 Inventory—Version 2 for Week 2

DATE:

Was I resentful or angry? [] yes [] no

(In the spaces below, list all those with whom you were angry or resentful. Then list the cause.)

Person/ institution	The cause: why was I angry?
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1. Was I afraid? [] yes [] no. If yes, what was the false belief that fueled the fear? What is the truth?

2. Did I indulge in self-pity or victimhood? [] yes [] no. If yes, what was the false belief that fueled the self-pity? What is the truth?

3. What could I have done differently? What healthy choices could I have made?

4. Do I owe someone an apology? If yes, to whom? When will I make the apology?

5. What did God say to me today in my time of reading, prayer and meditation? How will I put that into action?

6. Boundaries, balance and healthy self-care: what did I do to take care of myself today?

7. What am I grateful for today?

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Handout 3

Step 10 Inventory—Version 3 for Week 3

DATE:

My character defects showed up in the following situations:

Defect

Situation

1. What could I have done differently?
2. Do I owe someone an apology? If yes, to whom? When will I make it?
3. On a scale of 1 to 10, how was my emotional sobriety? (1 being extremely unstable and 10 representing “the fruit of the Spirit,” love, joy, peace, etc.) What was my primary feeling or mood?
4. What did I read today in my time of reading, prayer and meditation? What did God say to me? How will I put that into action?
5. Boundaries, balance and healthy self-care: what did I do to take care of myself today?
6. What am I grateful for today?
7. What needs or questions do I have that would be good to discuss with my mentor?

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Handout 4

Step 10 Inventory—Version 4 for Week 4

DATE:

1. Was I resentful or angry? At whom and why?
2. Was I afraid? If so, was I basing my feelings on misbelief? What is the truth?
3. What part of me was affected (self esteem, personal relationships, material or emotional security, sexual relations?) What character defects were involved?
4. Was I selfish or indulging in self-pity?
5. Was I dishonest?
6. What could I have done differently? What healthy choices can I exercise in future situations?
7. Do I owe anyone an apology? If so, who? If so, when will I make amends?
8. Did I suffer from worry, remorse or shame today?
9. What instances of temptation to act out did I experience?
10. Do I have any secrets? Is there anything I should discuss with my mentor?
11. On a scale of 1 to 10, how was my emotional sobriety today? (1 being extremely unstable and 10 representing “the fruit of the Spirit,” love, joy, peace, etc.)
12. What can I do tomorrow to move my “score” up 1 number?

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Handout 5

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HANDOUT

12 Step Assignments Schedule—Step 10

Completed	Week 1
	Monthly review of Boundaries with your mentor
	Review work from previous steps. Continue to check in on the amends process.
	Review Step 10 inventory process with your mentor. Start using Version 1.
	Read from the second full paragraph on page 84 to the last full paragraph on page 85 in Big Book of Alcoholics Anonymous
	Write five insights from the reading above
	Read the section on Step 10 in The Steps We Took
	Write five insights from the reading above
	Read the section on Step 10 in 12 Steps and 12 Traditions
	Write five insights from the reading above
	Read the section on Step 10 in Hunger for Healing
	Write five insights from the reading above

Completed	Week 2
	Review work from previous steps. Continue to check in on the amends process.
	Review insights from previous week's reading assignments
	Review Version 1 of the Step 10 inventories
	Begin using Version 2 of the Step 10 inventories

Completed	Week 3
	Review work from previous steps. Continue to check in on the amends process.
	Review Version 2 of Step 10 inventories
	Begin using Version 3 of the Step 10 inventories

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Completed	Week 4
	Review work from previous steps. Continue to check in on the amends process.
	Review Version 3 of the Step 10 inventories
	Begin using Version 4 of the Step 10 inventories

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