

# OA Desert Recovery

October 2022 – Step Ten

**“CONTINUED TO TAKE PERSONAL INVENTORY AND  
WHEN WE WERE WRONG, PROMPTLY ADMITTED IT.”**

*[Spiritual Principle: Perseverance]*

I have always condemned myself. So, daily inventory of self could easily be an extension of that. But, simply finding fault with myself is not what it is all about. I made a decision in Step Three to put my Higher Power in charge, not me. In Step Seven, I gave away every defect that stands in the way of my usefulness. From Step Two on, I am told that if I want to be restored to sanity in my food, I must have a personality change sufficient for recovery. So, this is the goal of my daily inventory. Each day, to have a bit of change towards a better person. In this way, I am not blocking the way to my recovery.

P.S. I devised a prayer based on the Lord's Prayer, expressed from the *Big Book*.

Our Father, which art in heaven –  
I can't, He can, Let Him  
Thy kingdom come, Thy will be done, on earth as it is in heaven –  
Surrender, Direct our thinking  
Give us this day our daily bread –  
Pray for right ideal, for sanity in food  
And, forgive us our debts  
Admit wrongs, set right  
As we forgive our debtors –  
Nothing counted but thoroughness  
and honesty  
And, lead us not into temptation, but deliver us from evil  
Save me from anger;  
Love & tolerance is our key  
For thine is the kingdom and the power, and the glory  
Forever  
Humility, We overeaters are undisciplined,  
So we let God discipline us in this way  
In Christ's name, amen  
Thy will be done, Bless & keep you.

~Becki B.

## *Step Ten*

Do I do it in the morning?  
Do I do it every night?  
Do I pause and do a spot-check  
When something isn't right?

Can I find repeating patterns?  
Do I have amends to make?  
Have I asked my Higher Power  
What next steps I need to take?

Does my sponsor have an answer  
That I really need to hear?  
Or am I sitting in resentment  
Out of anger or of fear?

Do I understand the danger?  
If I don't practice this today  
The relief granted countless others  
May from my grasp slip away.

If recovery means so much to me  
I ask my Higher Power  
To help me make this practice  
Part of my most precious hour.

~Neva S.

Something extraordinary happened 641 days ago with my Tenth Step work. An OA member I knew and liked asked me if I would be willing to download an app, *My Spiritual Toolkit*, and for \$4, have access to a program that lets me simply but thoroughly do a Tenth Step "Nightly Inventory." Then with a tap of a button, I can email it to my partner who reads it. Then we can text about it. I have also used the "Spot Check Inventory" during the day, which is very helpful. After doing this for a few months, we added to our practice. We text each other a list of 3 gratitudes (also a function in the app) for the day. It has made such a difference in my recovery. Typing or dictating it into the app helps me to be thorough and really answer the questions, especially knowing that someone is taking the time to read it. The bonus is an amazing friendship that is open and honest with another OA person who knows the real me. ~Michelle S.

*For Today* has a saying that "Repetition is the only form of permanence that nature can achieve." (p. 204) And Step 10 is one form of repetition that guarantees me daily recovery. It never fails that a daily inventory keeps me on an even keel. I have a structured format I use based on page 86 of the *Big Book*. I share it with my sponsor in an email every evening. I identify character defects, contrary actions, and any amends I need to make. Then I'm done for the day. I can go to sleep with a clear conscience and a sense of gratitude that I can know my HP better. When I do this daily practice, my day goes well. If I let up on my discipline, my day is less than ideal. ~Randi Z.