

CZR Step Study

Step Ten – Week 1 of 4

Continued to take personal inventory and when we were wrong promptly admitted it.

Essential

Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

- Continue your Step Nine work as needed.
- Read *COSA Step Ten: Working the COSA Tenth Step* booklet/chapter up to the Voices. See Step Study Resources on the [COSA Zoom Room](#) website for ordering information.
- Spend some time each day thinking about/meditating on the words of Step Ten. After several days of meditation, pick one word that stands out to you, and write about that word (any length, any style of writing).¹

Forever Essential Assignments

It is important, for our own recovery, for us to attend meetings and contact other COSAs. It is recommended for the entire year-long step study. It helps us embrace the “we” part of our fellowship.

- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

Recommended

- Please read and annotate. *Drop the Rock--The Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day* – pages 23–41 from “As beloved AA... through ...never late for things.” See Step Study Resources on the [COSA Zoom Room](#) website for ordering information.
- Based on the above reading, come prepared to share what was important to you and areas you recognize need to change in your own life based on the assigned reading.

¹ South Bay Step Group by Amy MJ and Brian T

Optional

Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

CZR Step Study

Step Ten – Week 2 of 4

Continued to take personal inventory and when we were wrong promptly admitted it.

Essential

Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

- Choose at least three readings from the COSA Voices in the *COSA Step Ten: Working the COSA Tenth Step* booklet/chapter.
- Implement one or more of the following practices:



- ◆ AA app, "[Tenth Step Nightly Inventory](#)," has questions to answer to help establish a nightly habit of reviewing our day.
- ◆ The *Big Book* contains specific instructions on how to work Step Ten. ("Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help.")
- ◆ Become aware of any uncomfortable feelings that come up for you. (This can be much harder than it sounds!) When you notice them, try the *Big Book* method. This is really a mini version of the Twelve Steps!

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- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

Recommended

- Please read and annotate. *Drop the Rock--The Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day* – pages 43–70 from “In our initial... through ...the Spirit is always now.”
- Based on the above reading, come prepared to share what was important to you and areas you recognize need to change in your own life based on the assigned reading.
- Read and Highlight [Chapter 6](#) from the *Big Book* | Alcoholics Anonymous pp. 84–85 from “This thought brings us to Step Ten...” through “...But we must go further, and that means more action.”

Optional

As the group moves toward closure, each of you might want to consider volunteering to share your experience, strength, and hope by speaking at a meeting in the future about your work on the Steps.

Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

CZR Step Study

Step Ten – Week 3 of 4

Continued to take personal inventory and when we were wrong promptly admitted it.

Essential

Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

- Answer the questions from the first section of Step Ten Questions, titled “Questions for any moment,” from the *COSA Step Ten: Working the COSA Tenth Step* booklet/chapter. This will prompt your Step Ten questions for reflection each day.
- Start exploring the practice of Step Ten. What do you think it will look like for you?
- Continue to implement one of the methods and practice it daily.

Forever Essential Assignments

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- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

Recommended

- Read and annotate. *Drop the Rock--The Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day* – pages 71–92 from “The Ripple Effect is the effect... through ...process and attitude.”
- Based on the above reading, come prepared to share what was important to you and areas you recognize need to change in your own life based on the assigned reading.

Optional

Watch [Married & Alone: Step Ten of the Twelve Steps | Dr. Doug Weiss](#)

Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

CZR Step Study

Step Ten – Week 4 of 4

Continued to take personal inventory and when we were wrong promptly admitted it.

Essential

Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

- Consider the questions from the second section of Step Ten Questions, titled “Questions for daily reflection,” from the *COSA Step Ten: Working the COSA Tenth Step* booklet/chapter. This will prompt your Step Ten questions for reflection each day.
- Complete the *Feeling Exercise*. See Step Study→Step Ten→Step Ten Worksheets→*Feelings Exercise* page 1 on the [COSA Zoom Room](#) website.
- Complete the *I am Statements*. See Step Study→Step Ten→Step Ten Worksheets→*I am Statements* page 2 on the [COSA Zoom Room](#) website.

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- Contact at least one COSA

Recommended

- Please read and annotate. *Drop the Rock--The Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day* – pages 93–114 from “It took most of us... throughthe water's fine.”
- Based on the above reading, come prepared to share what was important to you and areas you recognize need to change in your own life based on the assigned reading.

Story In Three Sentences.² For instructions, see Step Study→Step One on the [COSA Zoom Room](#) website for the PDF.

- Sentence 1: The Story – Write out (in one sentence) how you struggled to take personal inventory and admit your wrongs.

² Dennis F - [website](#)

- Sentence 2: Write out (in one sentence) what you did that you wish you had either not done or done differently.
- Sentence 3: Write out what would have been a better choice and/or what I would choose to do in the future when that situation repeats itself.

Example:

- **The Story:** *I find it easier to see the character defect or inappropriate habit of another person rather than look at my own similar defect of character.*
- **What do you wish you had either not done or done differently?** *I wish I had taken the time and effort to recognize that my HP expects me to both think and speak words of encouragement to others - in all situations.*
- **What would have been a better choice?** *I would choose to be as supportive of him as I was of other COSAs as I listened to their journey and encouraged them.*

SAYING: If you can spot it, you've got it.

Optional

- Read the *Step Eleven Retreat*. See Step Study→Step Ten→Step Ten Worksheets→*Step Eleven Retreat* page 3 on the [COSA Zoom Room](#) website.
- Complete the *Step Eleven Retreat Worksheet*. See Step Study→Step Ten→Step Ten Worksheets→*Step Eleven Retreat Worksheet* page 4 on the [COSA Zoom Room](#) website.

Forever Optional Assignments

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- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.