

# 10th step inventory questions

## 10th Step Inventory Questions: A Comprehensive Guide

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Dr. Emily Carter is a licensed clinical social worker and a certified alcohol and drug counselor with over 20 years of experience working with individuals in recovery. Her expertise lies in addiction treatment and the application of the 12-step program, specifically focusing on the efficacy and challenges related to the 10th step inventory process. Her PhD in Social Work from Columbia University focused on the psychological impact of self-reflection in addiction recovery. This extensive background provides her with unique insights into the complexities of crafting and utilizing effective 10th step inventory questions.

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The Recovery Institute Press is a leading publisher specializing in addiction recovery resources, widely recognized for its commitment to evidence-based practices and its rigorous editorial processes. They publish works by leading experts in the field, ensuring the accuracy and relevance of their publications. Their authority on topics related to 12-step recovery, including the crucial role of 10th step inventory questions, is well-established.

Editor: Dr. Michael Stone, PhD, Professor Emeritus of Psychology, University of California, Berkeley.

Dr. Stone has decades of experience researching and teaching about addiction and recovery. His extensive knowledge of psychological principles and his familiarity with the 12-step tradition provide a strong foundation for his editorial oversight, ensuring the article's accuracy and clarity.

# The Historical Context of 10th Step Inventory Questions

The 10th step, "Continued to make personal amends wherever possible, except when to do so would injure them or others," is a cornerstone of the 12-step program, notably Alcoholics Anonymous (AA). The process of creating a 10th step inventory is not explicitly detailed within the original AA literature. Instead, it's an evolved practice informed by decades of experience and interpretation within the recovery community. Early iterations of the 10th step focused largely on identifying those directly harmed by the addict's actions and offering a simple apology.

Over time, the practice has evolved, becoming more nuanced and comprehensive. The development of more robust 10th step inventory questions reflects a deeper understanding of the nature of addiction and the lasting impact of harmful behaviors. The focus shifted from simply identifying those harmed to understanding how the harmful actions impacted them, prompting a deeper level of self-reflection and responsibility. This evolution has been driven by both clinicians specializing in addiction treatment and the collective experience of individuals working through the 12 steps. The current emphasis on exploring the root causes of harmful behaviors, as well as the impact on others, marks a significant advancement in the application of the 10th step.

## The Importance of 10th Step Inventory Questions in Modern Recovery

The 10th step, and the associated inventory process, remains highly relevant in contemporary addiction treatment. Effective 10th step inventory questions are vital for several reasons:

### **1. Fostering Self-Awareness and Accountability:**

The act of meticulously examining past actions and their consequences fosters crucial self-awareness. The process encourages individuals to confront their behaviors honestly and accept responsibility for their actions. Without this deep introspection, genuine and lasting recovery is unlikely. Well-crafted

10th step inventory questions facilitate this necessary self-examination.

## **2. Identifying Patterns of Behavior:**

By reflecting on past actions, individuals can begin to identify recurring patterns and triggers that contribute to their addictive behavior. Understanding these patterns is crucial for developing effective relapse prevention strategies. 10th step inventory questions can be structured to specifically elicit this understanding of recurring themes.

## **3. Facilitating Repair and Reconciliation:**

The 10th step is not just about self-reflection; it's also about making amends. The inventory process helps individuals identify those they have harmed and prepare for sincere apologies and reconciliation. This is a vital step in rebuilding trust and restoring relationships damaged by addiction. The questions asked should guide the individual toward determining practical and appropriate ways of making amends.

## **4. Promoting Emotional Healing:**

The process of confronting past actions and their consequences can be emotionally challenging. However, it can also be incredibly healing. By working through these difficult emotions, individuals can begin to process the trauma related to their addiction and its impact on their lives and the lives of others. Supporting questions can help navigate the emotional landscape associated with this process.

## **5. Strengthening Recovery Commitment:**

The 10th step, when done thoroughly, strengthens the commitment to recovery. The level of introspection and the subsequent actions taken demonstrate a commitment to personal growth and positive change. The process helps to solidify the decision to live a life free from addiction.

# Crafting Effective 10th Step Inventory Questions

Effective 10th step inventory questions should be open-ended, prompting thoughtful reflection rather than simply eliciting yes-or-no answers. They should also be specific enough to guide the individual towards a thorough examination of their past behavior. Here are some examples of effective 10th step inventory questions:

Who have I hurt, and how have I hurt them? Be specific.

What were the circumstances surrounding each incident?

What were my motivations and intentions at the time?

What were the consequences of my actions for myself and others?

What could I have done differently?

What steps can I take to make amends, if appropriate and possible?

What have I learned from these experiences?

How can I prevent similar situations from occurring in the future?

How has my addiction impacted my relationships, finances, health, and other aspects of my life?

What are the underlying issues or unresolved conflicts that contributed to my harmful behaviors?

These questions are designed to guide a comprehensive self-assessment, going beyond simple apologies to a profound examination of the root causes of past harm. It is important to remember that the process is not about self-flagellation but about honest self-assessment and growth.

## Conclusion

The 10th step inventory, guided by carefully chosen questions, remains a vital component of the 12-step recovery process. It's a powerful tool for self-discovery, accountability, and reconciliation. While the specific questions may vary based on individual needs and circumstances, the underlying principle

remains constant: a deep and honest examination of past actions and their consequences is essential for sustainable recovery. By embracing this process and utilizing well-crafted 10th step inventory questions, individuals can pave the way towards lasting healing and a fulfilling life free from addiction.

## FAQs

1. Is it necessary to make amends to everyone I've hurt? No. The 10th step specifies making amends wherever possible and except when to do so would injure them or others. Some situations may require professional guidance on how to approach amends.
1. What if I'm afraid to face my past? This is common. Working with a therapist or sponsor can provide support and guidance to navigate this difficult process.
1. How long should the 10th step inventory take? There's no set timeframe. It should be thorough and take as long as necessary for genuine self-reflection.
1. What if I can't remember all the details? Do your best to recall what you can. Focus on the overall patterns and consequences of your actions.
1. What if someone refuses to accept my amends? Accept their response with grace. Your

responsibility lies in making a sincere effort.

1. Can I do the 10th step alone? While possible, a sponsor or therapist can provide invaluable support and guidance.

1. Should I write down my 10th step inventory? Writing it down is highly recommended for clarity and thoroughness.

1. What if making amends involves legal issues? Seek legal counsel before taking any action.

1. What if making amends causes more harm? It's crucial to prioritize avoiding further harm. Focus on self-reflection and seeking professional guidance.

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**10th step inventory questions: 10 Step Inventory Journal** T. H. E. Fourth DIMENSION BOOKS, 2021-02-04 We alcoholics are undisciplined page 88 of the Big Book of Alcoholics Anonymous. This 10th Step Journal is an accountability tool. This is wonderful for newcomers in their first 90 days or someone with longer sobriety/clean time that needs a little help staying on track and keeping track of the nightly 10th step inventory. The 10th step inventory questions are listed each day, along with a blank page alongside it, for additional note taking. We hope that using this notebook journal will aide you in the working of the AA steps and may it help you to stay clean and sober.

**10th step inventory questions: Alcoholics Anonymous** Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, Alcoholics Anonymous. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: Alcoholics Anonymous. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

**10th step inventory questions: Quit Like a Woman** Holly Glenn Whitaker, 2020-01-09 \*The book that inspired Chrissy Teigen and Sex and The City's Miranda to quit drinking\* \_\_\_\_\_ 'An incredible read' - Chrissy Teigen 'Has the power to change your relationship with your entire life' - Glennon Doyle 'This thoughtful, moving book will help a lot of people get to a healthier place' - Johann Hari \_\_\_\_\_ We live in a world obsessed with drinking. We drink at work events, lunches, book clubs and weddings. Yet no one ever questions alcohol's ubiquity. In fact, the only thing ever questioned is why people don't drink. It is a qualifier for belonging. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some sort of magic elixir. It is anything but. When Holly Whitaker started to look for a way to recover, the support systems she found for recovery were archaic and patriarchal. Urging drinkers towards a newfound humility is great if you're a man, but if you're a woman and not in a position to renounce privileges you never had, a

whole other approach is needed. Honest, witty and trenchant, *Quit Like a Woman* is at once a ground-breaking look at drinking culture, a call to arms, and a celebration of learning how to claim everything life has to offer.

**10th step inventory questions:** *Big Book Awakening* Dan Sherman, 1992-01-01 Written to be used in conjunction with, not instead of the Big Book of Alcoholics anonymous. This book will help guide you through a personal experience with all Twelve Steps as they are outlined in the AA Big Book. You write notes and questions from the Big Book Awakening into your own Big Book for personal consideration. After you have completed this process yourself your Big Book is now a powerful working with others book with questions and considerations that will help you work with others both one-on-one and in workshops. They then themselves write the same notes into their own Big Book to one day do the same.

**10th step inventory questions:** *The Narcotics Anonymous Step Working Guides*, 1998-01-01 Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps.

**10th step inventory questions: Recovery** Russell Brand, 2017-10-03 A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery "This manual for self-realization comes not from a mountain but from the mud...My qualification is not that I am better than you but I am worse." —Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. Brand speaks to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not "Why are you addicted?" but What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person's arms? Russell has been in all the twelve-step fellowships going, he's started his own men's group, he's a therapy regular and a practiced yogi—and while he's worked on this material as part of his comedy and previous bestsellers, he's never before shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

**10th step inventory questions:** *Let the Records Show* Douglas Alan Alderson, Linda A. Alderson, 2011-10-11 Acting as a power of attorney or as an estate trustee carries a great deal of financial and legal responsibility. But in *Let the Records Show*, authors Linda A. Alderson and Douglas Alan Alderson have distilled the information and have provided a step-by-step guide to keeping financial and property affairs in order. *Let the Records Show* offers a ten-step guide for effectively handling record-keeping obligations, and it demystifies and simplifies the terminology and related work processes associated with creating a complete and proper information trail to satisfy legal interests. It also provides: Answers to questions to consider before acting as an attorney An overview of accounting and legal terms presented in plain English Tips on the fundamentals of being an attorney or estate trustee Guidance on inventory preparation Comparison between the roles of attorney and estate trustee A review of common problems and how to fix them Information on estate litigation basics Charts, templates, and checklists to help you stay organized Filled with practical guidance on how to maintain financial records to meet the legal requirements, *Let the Records Show* helps to simplify the roles of power of attorney and estate trustee.

**10th step inventory questions:** *A Woman's Way through the Twelve Steps* Stephanie Covington, 2024-01-23 This guide to the Twelve Steps from Dr. Stephanie S. Covington, a pioneer in the field of women's issues, addiction, and recovery, preserves the spirit of the Alcoholics Anonymous program with a focus on healing language with women's needs in mind. Published in 1994, *A Woman's Way through the Twelve Steps* has long been a unique resource that helps women

find their own paths in recovery—paths shaped by the way women experience not only addiction and recovery, but also relationships, self, sexuality, spirituality, and everyday life. Now, stories from five new voices expand the perspective of this recovery classic. Over the past thirty years, what it means to identify as a woman in recovery has broadened to include transgender, nonbinary, and other gender-diverse people. This new edition includes updated, inclusive language to be more trauma-sensitive and welcoming to all women. This compilation of diverse voices and wisdom from real people illuminates how women understand the Twelve Steps of Alcoholics Anonymous (AA) and offers inspiring stories of how they travel through the Steps and discover what works for them. The book can be used alone or as a companion to AA's Twelve Steps and Twelve Traditions. By identifying and addressing the special issues that recovery presents for women, this book empowers women to take ownership of their own journeys and to grow and flourish in recovery.

**10th step inventory questions: 10 Steps to Successful Strategic Planning** Susan Barksdale, Teri Lund, 2023-05-26 Create a dynamic strategic plan, central to your organizations ability to make critical business decisions, with this step-by-step walk through the strategic planning process. 10 Steps to Successful Strategic Planning offers a simple 10 step process to assessing your priorities, organizing your goals, and getting your organization on the path to planned success. Loaded with worksheets, exercises, tips, tools, checklists, and other easy-to-use and interactive learning aids, this title guides you through the entire strategic planning process.

**10th step inventory questions: Drop the Rock--The Ripple Effect** Fred H., 2016-05-24 Drop the Rock—The Ripple Effect provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. When Drop the Rock: Removing Character Defects was first published in 1999, it quickly became the standard resource for working Steps 6 and 7, two of the most challenging of the Twelve Steps for many people in recovery. Learning what it means to fully surrender character defects frees you to make amends with Steps 8 and 9, realize the Big Book's "Promises," and move on to Step 10. In this new follow-up resource, Fred H. explores what he calls "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day and avoid picking up "the rock" again. Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions, he reveals Step 10 as the natural culmination of working the previous Steps.

**10th step inventory questions: SBI Apprentice Exam 2022 | 1500+ Solved Questions (10 Mock Tests + 12 Sectional Tests + 2 Previous Year Papers)** EduGorilla Prep Experts, 2022-08-03 • Best Selling Book in English Edition for SBI Apprentice Exam with objective-type questions as per the latest syllabus given by the SBI. • Compare your performance with other students using Smart Answer Sheets in EduGorilla's SBI Apprentice Exam Practice Kit. • SBI Apprentice Exam Preparation Kit comes with 24 Tests (10 Mock Tests + 12 Sectional Tests + 2 Previous Year Papers) with the best quality content. • Increase your chances of selection by 14X. • SBI Apprentice Exam Prep Kit comes with well-structured and 100% detailed solutions for all the questions. • Clear exam with good grades using thoroughly Researched Content by experts.

**10th step inventory questions: Lean Six Sigma for Supply Chain Management, Chapter 10 - Applying the 10-Step Solution Process** James Martin, 2006-10-12 This chapter comes from Lean Six Sigma for Supply Chain Management, written by a master black belt/educator. Neatly condensed into a 10 step process, this book teaches you how to apply the tenets of lean operations (from the Toyota Production System) and Six Sigma management principles to supply chain management. Author Jim Martin includes more than 200 tables and figures describing roadmaps, critical success characteristics as well as specific information necessary to fully integrate Lean Six Sigma concepts within your supply chain.

**10th step inventory questions: Second Language Testing for Student Evaluation and Classroom Research** Greta Gorsuch, Dale Griffiee, 2017-10-01 Second Language Testing for Student Evaluation and Classroom Research and its accompanying Student Workbook are introductory?level resources for classroom teachers of all levels of experience, and early?career graduate students in

applied linguistics, TESOL, and second/foreign language teaching programs. The book gives a balance between practice and theory for student evaluation, and also aims for readers to use testing to connect to classroom research and to their own teaching. Indeed, *Second Language Testing for Student Evaluation and Classroom Research* aims at self-discovery and empowerment for readers, even as second language testing as a field undergoes major shifts in scope and areas of concern. *Second Language Testing* offer a strong basis for readers who wish to analyze and improve their own classroom tests, and for readers who wish to evaluate standardized tests they are required to use, or are thinking of using. We work with the general idea, "OK, now that I know test X has these strengths and weaknesses, what do I do?" Or, "Alright here are students' scores, now how do I use them in my teaching?" At the same time our book provides more in-depth treatments of key testing topics for those readers who want to know "Why?" and "How?" "Why these terms?" "Why this or that analysis?" "Why does it work?" "How does it work?" "What do these numbers mean?" "How do I use them and how do I explain them to my students, my colleagues, my supervisors?" *Second Language Testing for Student Evaluation and Classroom Research* includes five Appendices for those readers whose interests continue into more advanced areas. Our information and observations on issues such as rater training (Appendix B) are current and discerning, and our Reference section and Glossary would be valued by any advanced testing practitioner or researcher. *Second Language Testing* is useful to readers at varied levels of engagement, at their choice.

**10th step inventory questions: Daily Reflections** A a, Aa World Services Inc, 2017-07-27

This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year—one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as *Alcoholics Anonymous*, *Twelve Steps and Twelve Traditions*, *As Bill Sees It* and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. *Daily Reflections* has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

**10th step inventory questions: A Primer on Integrating Resource Inventories** H. Gyde Lund, 1986

**10th step inventory questions: The Catholic in Recovery Workbook** Catholic in Recovery, Scott Weeman, 2022-10-14 The Catholic in Recovery Workbook is the first step-by-step guide for working through the Twelve Steps of recovery from a Catholic perspective. If you struggle with addiction, dependency, or unhealthy attachments—or love someone who does—this book will help you discover the life-changing mercy of Jesus Christ through Church tradition and the grace of the sacraments. The workbook includes an overview of the Twelve Steps and insights from well-known recovery resources; relevant excerpts from the Catechism of the Catholic Church; the wisdom of saints and teachings of theologians; powerful prayers and inspiring testimonials; and practical tools such as discussion questions, journaling prompts, personal inventories, and reflection exercises. The Twelve Steps and the sacraments have the power to set you free, no matter what your addiction or unhealthy attachment, and this workbook offers the steps, insights, and practices that can lead you to healing and recovery. The Catholic in Recovery Workbook can be used with person, or in a group. This book can stand alone or alongside Weeman's award-winning book *The Twelve Steps and the Sacraments*.

**10th step inventory questions: Emotional Sobriety** Aa Grapevine, 2011 Volume Two of one of our most popular books. Sober AA members describe the positive transformations sobriety can bring as they practice the principles of the program in all aspects of their lives.

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**10th step inventory questions: How to Know If It's Time to Go** Lawrence Birnbach, Beverly Hyman, 2010-08-03 A controversial look at whether a marriage can be saved—or if its “time to go.” For the millions caught in unhappy marriages, consumed by sadness, anger, and fear, the question haunts: “Should I divorce?” Now, in their insightful new book, a husband-and-wife team of marriage experts helps readers find the answer by taking them through ten steps to determine if their relationship has reached the breaking point. While Drs. Birnbach and Hyman do not advocate divorce, they point out that the most desirable situation—a happy long-term marriage—may simply not be possible in some cases. The book also discusses how the lives of people who stay in chronically unhappy marriages compare with those who split up. Filled with poignant case studies, cutting-edge research, and a 100-question self-assessment to determine if its “time to go,” this unique guide dispels the myths about divorce and enables readers to recognize if there is still hope . . . or if they (and their families) are better off apart.

**10th step inventory questions: 10 Secrets to a Bestseller** Tim McConnehey, 2018-03-20 A companion to the comprehensive guide that's helped thousands of authors find self-publishing clarity. The world of self-publishing can be daunting at best; completely overwhelming at worst. From navigating those early days of writing and editing your manuscript, to finding the most effective marketing strategies, there's nothing simple about putting your book out into the world. And you don't just want to put your book out—you want it to flourish. On your own, that may feel like a stressful guessing game, but with the right tools, it doesn't have to. Wherever you are in the process, self-publishing veteran Tim McConnehey and his team of experts at Izzard Ink are here to help. Following along with McConnehey's critically acclaimed guide, *10 Secrets to a Bestseller: An Author's Guide to Self-Publishing*, this workbook will help you take those crucial next steps toward success, walking you through the major tasks of self-publishing as you fill out detailed worksheets like “Do Your Research,” “Assemble Your Team,” and “Going to Retail.” You'll end up with a personalized roadmap to your own project, and helpful strategies that you can revisit time and again throughout your publishing journey. No matter what your publishing goals are, the *10 Secrets to a Bestseller Workbook* will help you figure out where you are now and where you want to go next.

**10th step inventory questions: The Artist's Way** Julia Cameron, 2002-03-04 With its gentle

affirmations, inspirational quotes, fill-in-the-blank lists and tasks — write yourself a thank-you letter, describe yourself at 80, for example — The Artist's Way proposes an egalitarian view of creativity: Everyone's got it.—The New York Times Morning Pages have become a household name, a shorthand for unlocking your creative potential—Vogue Over four million copies sold! Since its first publication, The Artist's Way phenomena has inspired the genius of Elizabeth Gilbert and millions of readers to embark on a creative journey and find a deeper connection to process and purpose. Julia Cameron's novel approach guides readers in uncovering problems areas and pressure points that may be restricting their creative flow and offers techniques to free up any areas where they might be stuck, opening up opportunities for self-growth and self-discovery. The program begins with Cameron's most vital tools for creative recovery – The Morning Pages, a daily writing ritual of three pages of stream-of-conscious, and The Artist Date, a dedicated block of time to nurture your inner artist. From there, she shares hundreds of exercises, activities, and prompts to help readers thoroughly explore each chapter. She also offers guidance on starting a "Creative Cluster" of fellow artists who will support you in your creative endeavors. A revolutionary program for personal renewal, The Artist's Way will help get you back on track, rediscover your passions, and take the steps you need to change your life.

**10th step inventory questions:** Twelve Steps and Twelve Traditions of Greysheeters Anonymous GreySheeters Anonymous, 2015-11-12 Twelve Steps and Twelve Traditions of GreySheeters Anonymous Cant stop eating? Many have found recovery from compulsive eating, obesity, food addiction, binge eating, anorexia, or bulimia in GreySheeters Anonymous (GSA.) The Twelve Steps and Twelve Traditions of GreySheeters Anonymous offers readings, questions for reflection, and shared experiences. Interested? Ask yourself the following questions: Are you tired of looking for a solution about your weight problem? Are you ready to try something different? Are you ready to have freedom from food and the constant thoughts that have kept you imprisoned? Are you ready to go to any lengths to experience freedom from the phenomenon of craving? GSA is a Twelve Step Program in which the physical aspect (allergy/addiction) of our disease is addressed by the GreySheet food plan, while the mental, emotional, and spiritual aspects are addressed by the programs Twelve Steps and Twelve Traditions. We have no dues or fees. We are not affiliated with any other organization. The only requirement for membership is a desire to stop eating compulsively. The foods that we eat can be purchased in markets and many restaurants. What we eat is abundant, delicious, and portable.

**10th step inventory questions:** *The Foreseeable Future for Water Planning* Andrew James Segrave, 2014-09-14 People and societies conceptualise and experience time in fundamentally different ways. This basic aspect of perception significantly influences the way we frame problems and conceive solutions. This book shows how time perspectives differ across national cultures and across professional roles. It shows how these differences generate ambiguity when it comes to defining problems and devising solutions in the water sector. This is especially important when dealing with problems such as Sustainable Water Resources Management and Climate Change that involve (culturally and professionally) diverse stakeholders. Response strategies to such problems inherently require concerted action because of the large spatial and temporal scale on which they take place and to minimise the occurrence of conflicting interventions. This disparity between diverse problem perceptions and the need for collective understanding and united action is increasingly recognised as an important concern in the field of water resource management. The conclusions are important because the time horizons considered in planning and setting research agendas influence what problems are perceived, what questions are asked, and what solutions are sought. In general, more time needs to be invested in framing problems. This is particularly important for participatory planning and transdisciplinary research where the diversity in Motivational Space is greatest. It is recommended that Motivational Space be collectively and explicitly framed from the outset of all planning projects, especially in terms of Temporal Extent. When it comes to setting research agendas it is important to match the Motivational Space of those who prioritize the questions with the goal of the research programme. Author: Andrew James

Segrave, KWR Watercycle Research Institute, Utrecht, The Netherlands

**10th step inventory questions: The Twelve Steps and Twelve Traditions of Overeaters**

**Anonymous** Overeaters Anonymous, Inc. (U.S.), 1993 Provides a detailed explanation of the principles of Overeaters Anonymous and serves as a guide for those of us living the programme of OA who want to spread the message of recovery to others.

**10th step inventory questions: Belonging** Dennis Linn, Sheila Fabricant Linn, Matthew Linn,

1993 From their own recovery, the authors discovered that the best way to change ourselves is to change our image of God. Recovery is then rooted in finding a healthier, more authentic way of belonging. Pointing the way to new depths of hope and personal resources of inner healing, the Linns' honest, generous and intimate sharing is at times painful, but always liberating.

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