

10th Step Call Script

Method 1

Print these three documents: [Resentment Form](#), [Character Defects Sheet](#), [Fear Form](#); to make a three-page stapled packet. Page one is the Resentment Form, page 2 is the Character Defects Sheet, and page 3 is the Fear form. Fill out the Resentment form; when you get to column 4 the Core Character Defects, just flip to the next page and use a highlighter on the Character Defects Sheet to select the ones that jump out at you. You may also write notes on the Character Defects Sheet. After you have completed that, ask yourself what your core fear is or what you are most afraid of, and use that answer to fill out your Fear form.

Packet Example: [Completed Resentment Form](#)
[Completed Character Defects Sheet \(front, back\)](#)
[Completed Fear Form](#)

Method 2

Print the [1-Page 10th Step Form](#). This method is the same as Method 1, but it is condensed onto one page. The obvious drawback of this method is the limited space and tiny print on the 1-Page 10th Step form, but if that is not an issue for you, there's also plenty of space on the back for your notes.

Remember: It is important to write out your resentment/fear and process it with your HP prior to sharing it with your 10th Step Partner. In so doing, we are respectful of our partner's time, and more importantly, we catch and retain anything our Higher Power might want to communicate to us as we seek God's perspective on the situation through this process. New insights and words from our HP can be invaluable and are worth holding onto.

Overview of 10th Step Call Script

- Caller One says Third Step Prayer
- Caller One reads your Resentment and Fear Form
- Caller One states if Amends and what Service they will do to resolutely turn...
- Caller Two reads their Resentment and Fear Form
- Caller Two states if Amends and what Service they will do to resolutely turn...
- Caller Two ends with 7th Step Prayer

CALLER ONE

Hello, this is _____. I will go ahead and get us started with the Third Step Prayer; you are welcome to say it with me if you like.

“God, we offer ourselves to Thee---to build with us and to do with us as Thou wilt. Relieve us of the bondage of self, that we may better do Thy will. Take away our difficulties, that victory over them may bear witness to those we would help of Thy Power, Thy Love, and Thy Way of life. May we do Thy will always! Amen.”

Okay, I have a resentment. *Just read your Resentment Form from left to right.*

I'm resentful at _____. *One word or a brief sentence.*

The causes: _____. *We follow the Big Book's examples here and keep the description to **19 words** or less. We are careful not to tell a story. We just give the "headline" to the story.*

Affects my _____. *Here you simply list which is affected: Self-esteem, security, ambitions, personal relations, or sex relations. Is any fear involved yes/no? Again we don't tell a story or go into detail.*

If they have harmed/offended you, then pray:

“God, _____ is spiritually sick. How can I be helpful to them? God save me from being angry. Help me to avoid retaliation or argument. Thy will be done.” *Feel free to modify this and/or the following prayer to best fit your situation.*

Or say the resentment prayer:

“God, I have a resentment towards _____. Help me to show _____ the same tolerance, pity, and patience that I would cheerfully grant a sick friend. Help me to avoid retaliation or argument. Thy will not mine be done.”

I am selfish because I'm _____. *Read anything that applies to you from the list under the **Selfish** section on the **Character Defects Sheet**. Also include any personalized insights or aspects not listed on the Character Defects Sheet that best describe how you are being selfish.*

I am dishonest because _____. *Read all that jumps out at you under the **Dishonest** section of the **Character Defects Sheet**. In this section, be on the lookout for what you might be telling yourself that is not true! Watch for those little statements that we allow to run unexamined, and we replay them over and over—maybe for as long as we can remember. Pause, find out what you are telling yourself about this situation or about this person that may not be true. Write it down. Ask your HP for the truth and write that down.*

At the end of the Dishonesty Section, it states: "I made it mean...". Here we pause and ask ourselves what we are making this situation mean? Example: I made it mean that my husband doesn't love me. I made it mean that they think I am stupid. I made it mean that they are talking about me behind my back. Pause and ask your Higher Power if this is the truth? Listen for your HP's response and write down the Truth that comes from your HP. Example: The truth is that my husband loves me very much, he just reacts differently than I do when he is caught off guard and is sleepy. The truth is that I have no idea what they are thinking or saying, and the only person's opinion of me that matters is that of my HP.

[Bottom line: If we can find any statements that we are telling ourselves that are not true or what we are making this event mean, and then ask our HP for the truth, and write that down, that can be very helpful.]

I am self-seeking because _____. *Read any of the items under Self-Seeking that jump out at you and include any additional items that are not listed that capture how you are being self-seeking.*

I am frightened of _____. *List all the ways you are frightened found in this section. Add any additional ways that you are frightened that are not listed.*

I am inconsiderate because _____. *Here we look at how we have been inconsiderate of ourselves, of others, or of God's perspective. We pause and ask to see the situation more like your HP sees it and write down anything that comes to you. Then ask to see the person more like God sees them and write down whatever insight comes to you. Example: When I pause and ask to see this person more like God sees them, I am made aware that they like me are a precious child of God, but they are lost in their own disease and are suffering more than I know. I can have compassion for them, just as I can have compassion for myself. Another Example: When I pause and ask to see this situation more like God sees it, I am made aware that this is not a life-or-death situation, and God is not worried at all about this.*

You will notice in the Big Book page 65, under every Resentment that is listed, there is **fear** that is involved. So, we can safely assume that there is a fear buried in just about every resentment. After you have completed your Resentment form, ask yourself, "What fear is giving this resentment energy? What am I most afraid of here? What's my core fear?" Write that down on your **Fear Form**.

Moving on to my Fear Form:

I am fearful of _____. *Distill into a few words or short sentence, what you are most afraid of. Then just read your Fear Form from left to right.*

Why do I have the fear? _____ *Keep this description to 19 words or less.*

Where was my trust & reliance? *Pick one:* Infinite God *or* My Finite Self

Did self-reliance work? *Pick one:* Yes *or* No

Say the Fear Prayer: "God, please remove my fear and direct my attention to what you would have me be."

What would God have me be? God would have me be...

_____. *Pause and ask your Higher Power for guidance. Write down anything that comes to you. After writing what God would have you be, some people also find it helpful to ask themselves this question: "If my Higher Power were to speak directly to me regarding this issue, what might my Higher Power say, what might my HP communicate?" Pause and ask your HP to speak to you regarding this situation and write down anything that comes to you. This is an **optional** opportunity for you to practice Two Way Prayer if you find that helpful.*

Direct Amends or Living Amends: Yes/No. *If yes, state briefly what that will be.*

Examples:

- *I need to make a direct amends, so I will apologize when we get off the phone.*
- *I already made an amends.*
- *No amends necessary; it was all going on in my mind and I never said anything.*
- *My Living Amends will be to give my son the dignity of making his own decisions and experiencing the consequences of those decisions and I will stay out of it!"*
- *My Living Amends will be to pray for _____.*
- *My Living Amends will be to say the resentment prayer for them for two weeks from page 552 in the Big Book.*

I am now going to resolutely turn my thoughts to someone I can help by _____ . *Examples: making an outreach call, helping a family member or neighbor.*

That's all I have. Any feedback? *Let your partner know if you would welcome feedback. Receiving and providing feedback is completely optional.*

IF YOU ASKED FOR FEEDBACK, your partner will first ask their HP for guidance on what to say and will then offer ONE or TWO SENTENCES of kind, respectful feedback like these examples: I liked what you said about _____. Another possibility might be: Nice job identifying how you were playing god.

Please keep in mind, we are loving listeners—That is our gift to our partner. We do not try to counsel, fix, or problem solve.

After Caller Two has shared any feedback, Caller One, simply responds with: "Thank you. I Pass."

If you prefer no feedback, you could say, "That's all I have. Pass"

CALLER TWO

Caller Two now shares their Resentment and Fear. For the purposes of our practice call, I have asked you to prepare a Resentment and a Fear. When you are working with your Train partner, however, you may sometimes just have a Fear by itself with no related resentment.

Okay, I have a resentment. *Just read your Resentment Form from left to right.*

I'm resentful at _____. *One word or a brief sentence.*

The causes: _____. *Keep this to 19 words or less. A few brief sentences only.*

Affects my _____. *Self-esteem, security, ambitions, personal relations, or sex relations. Is any fear involved yes/no?*

If they have harmed/offended you, then say:

“God, _____ is spiritually sick. How can I be helpful to them? God save me from being angry. Help me to avoid retaliation or argument. Thy will be done.”

Or say the resentment prayer:

“God, please help me show _____ the same tolerance, pity and patience I would cheerfully grant a sick friend. Help me to avoid retaliation or argument. Thy will not mine be done.”

I am selfish because I’m _____. *Read everything that applies to you from the list under **Selfish** on the **Character Defects Sheet**. Also include any new insights not listed.*

I am dishonest because _____. *Read all that jumps out at you under the **Dishonest** section of the **Character Defects Sheet**. If we can find any statements that we are telling ourselves that are not true or what we are making this event mean, we write that down. We then pause and ask our HP for the truth, and write that down.*

I am self-seeking because _____. *Read all that applies to you under the **Self-Seeking** section.*

I am frightened of _____. *Read all that apply to you and include any additional ways you are afraid that are not listed.*

Inconsiderate _____. *Ask yourself: Have I considered asking to see the situation or the other person more like my Higher Power sees it or them? Pause and ask to see the situation more like your HP sees it/them and write down anything that comes to you.*

*You will notice in the Big Book, page 65, that every Resentment has **fear** listed as being involved. From that we can safely assume that there is a fear buried in just about every resentment. So I encourage you to ask yourself after you have completed your Resentment form, “What am I most afraid of? What’s my core fear here?” Then write that on your Fear Form*

I am fearful of _____. *Now you just read your Fear Form from left to right. State what you are fearful of in a few words or a brief sentence.*

Why do I have the fear? *Keep this description to 19 words or less.*

Where was my trust & reliance? *Pick one:* Infinite God *or* My Finite Self

Did self-reliance work? *Pick one:* Yes *or* No

Say the Fear Prayer: "God, please remove my fear and direct my attention to what you would have me be."

What would God have me be? God would have me be...

_____. *Pause, ask your Higher Power for guidance here. Write down anything that comes to you. After writing what God would have you be, some people also find it helpful to ask themselves the question: "If my Higher Power were to speak directly to me regarding this issue, what might my Higher Power say, what might my HP communicate?" Pause and ask your HP to speak to you regarding this situation and write down anything that comes to you. This is an optional opportunity to practice Two Way Prayer and to read what you have received to your partner.*

Amends Yes/No. *State whether it is a living amends or direct amends. If yes, briefly say what that will be. Example: I need to apologize to my husband and will do so when we get off the phone. Or...No amends necessary, it was all going on in my mind and I never said anything. If it is a living amends, and briefly state what that will be.*

I will resolutely turn my thoughts to someone I can help by

_____. *Examples: making an outreach call, working with a sponsee, helping a family member or neighbor.*

That's all I have. Any feedback? *Receiving and providing feedback is completely optional. IF YOU ASKED FOR FEEDBACK, your partner will first ask their HP for guidance on what to say and will then offer ONE or two SENTENCES of kind, respectful feedback similar to these examples: I liked what you said about _____. Or...Do you think it's possible you were also afraid that ____? Another possibility might be...Good insight into what you were telling yourself, that was not true. Or...Nice job identifying how you were playing god.*

Following their feedback, respond with: Thank you.

To end your share: I will take us out with the 7th Step Prayer: Our Creator, we are now willing that you should have all of us, good and bad. We pray

that you now remove from us every single defect of character which stands in the way of our usefulness to you and our fellows. Grant us strength, as we go out from here, to do your bidding. Amen.

Partners are welcome to say the prayer together or allow Caller Two to say it for the both of you.

Ending the call: Does this same time work for you tomorrow? Okay, great!
Goodbye.

Partners will typically have one person place the calls every day for the first week and then the other person place them every day for the second week.