

## **- Nightly Review - (Step 10)**

Upon completing your day, ask yourself these questions. They help us live the Christian ACA program in all areas of our lives. Step 10 keeps us mindful of our program.

1. Am I isolating & not talking about what is really going on with me?
2. Did I view anyone as an authority figure today & feel frightened or rebellious?
3. Did I dissociate, fantasize, or become involved in self-harm today?
4. Am I keeping secrets & feeling unique? Am I talking about my feelings?
5. Am I being honest in my relationships or am I seeking approval over honesty?
6. Am I acting "perfect" & obsessing over making mistakes?
7. Do I overreact or isolate from others when I perceive that I have been criticized?
8. Am I attending ACA meetings to nurture myself & give back what was given to me?
9. Have I acted helpful recently to manipulate others?
10. Am I secretly angry at someone, but I am avoiding talking about it?
11. Have I listened to my Inner Child or True Self today?
12. Did I judge myself or someone else without mercy today?
13. Am I listening to the Critical Parent or Loving Parent?
14. Am I remembering I can ask for help today & I can call someone?