

Lesson Plan - Session 27 – Step 10 – When We Were Wrong

Time	Activity
0:00	Opening Prayer Plan for the session Catch-up Sharing – Step 9 Discuss Step 10 Share Exercise S10.1
0:05	Catch-up Sharing – Step 9 Emphasis on Exercise S9.3, Reflections on Amends
0:25	Discuss Step 10 – see notes below
0:35	Share Exercise S10.1 Did you complete all 14 days? What did you learn when you tracked your behaviors/harm caused? Patterns? Surprises? What prior events contributed to your emotional state – stress, triggers, etc.? Which problem events were planned vs a lack of intentions? Defects that surfaced: Patterns? Surprises? Amends: Types of amends? Timing? Reactions? Your feelings?
1:15	Assignments Complete Exercises S10.2, MCARE, and S10.3, Reflections Review each exercise and its instructions *** MCARE requires daily attention for the next 14 days *** Reflections may be completed in the 2-3 days immediately preceding the next session.
1:25	Final questions or comments Closing Prayer
1:30	Adjourn – may leave meeting open for additional discussion

Leader Discussion Notes

Themes, Topics the emerged from Exercise 10.1

- Selfishness
- Pride
- Judgmental
- Inconsiderate
- Flaws emerged under high stress

Study member comment – If He has not removed my character defect yet, there must be something else He wants me to learn in recovery.