

Spring Cleaning

**10th Step Inventory
Workshop-All Are Welcome**

Date: April 4th, 2026

Time:12-2:30

Facilitator: Rich D.

Available online on Zoom ID: 966-435-5179 Password:509

12-12:30 fill spot check form

12:30-2:30 workshop

Richland Public Library

955 Northgate Drive,

Richland, WA 99352



- Disturbances are painful
- Focusing on others is painful
- First reaction harmful
- Negatively impacted-Real or imagined
- Thinking suicide option to pain
- Hypocrisy
- Fears
- Quieting the Disturbance
- Getting focus off of them

“It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us.” - 12&12 pg. 90