

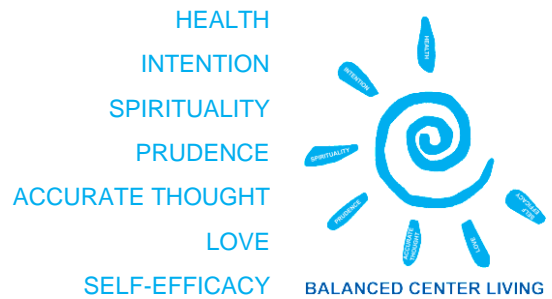
11th STEP WORKSHEET

Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
(Alcoholics Anonymous, Alcoholics Anonymous World Services, Inc.)

1. List the incidents and circumstances over the past week when you have sought or should have sought through prayer and meditation to improve your conscious contact with your Higher Power, praying only for knowledge of your Higher Power's will for you and the power to carry that out:

Incident	Circumstance
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

Attach a page if necessary.



2. Write a prayer asking (or thanking) for God’s will and the power to carry that out:

3. How do you feel about praying to your Higher Power?

- | | | | |
|-------------|---------------|------------|-----------|
| Embarrassed | Humble | Put out | Empowered |
| Relieved | Waste of time | Connected | Punished |
| Opportune | Bigger | Proud | Smaller |
| Guilty | Joyous | Remorseful | Free |
| Other? | | | |

4. Under what circumstances do you think it is necessary to improve your conscious contact with God as you understand your Higher Power?

5. Praying has been described as speaking to your Higher Power, and meditating has been described as listening to your Higher Power. How do you meditate?

Method	How Long	How Often

6. How do you feel about meditating?

- | | | | |
|-------------|---------------|------------|-----------|
| Embarrassed | Humble | Put out | Empowered |
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| Other? | | | |



HEALTH
INTENTION
SPIRITUALITY
PRUDENCE
ACCURATE THOUGHT
LOVE
SELF-EFFICACY

