

Questions to think about when working Step 11

With help from the book, *Alcoholics Anonymous*

1. On awakening, do you think about the 24 hours ahead and consider your plans for the day?
2. Before you begin, do you ask God to direct your thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives?
3. Do you refrain from making requests for yourself only, except in cases where others may be helped?
4. How do you handle indecision? Do you ask God for inspiration, an intuitive thought or a decision? Do you relax and take it easy, or do you struggle?
5. Do you pray to be shown all throughout the day what your next step is to be, and that you be given whatever you need to take care of such problems?
6. Do you ask for freedom from self-will?
7. Do you refrain from making requests for yourself only, except in cases where others may be helped?
8. Are you careful never to pray for your own selfish ends?
9. If circumstances warrant, do you ask your spouse or friends to join you in morning meditation?
10. Do you attend to your religious morning devotion?
11. Do you pause when agitated or doubtful, and ask for the right thought or action?
12. Do you remind yourself that you are no longer running the show, humbly saying to yourself many times each day, "Thy will be done"?