

The 11th Step Instructions:

1. (86:1) We constructively review our day.
2. (86:1) Was I resentful?
3. (86:1) Was I selfish?
4. (86:1) Was I dishonest?
5. (86:1) Was I afraid?
6. (86:1) Do I owe an apology?
7. (86:1) Have I kept something to myself which should be discussed with another person at once?
8. (86:1) Was I kind toward all?
9. (86:1) Was I Loving toward all?
10. (86:1) What could I have done better?
11. (86:1) Were we (Was I) thinking of myself most of the time?
12. (86:1) Were we (was I) thinking of what I could do for others?
13. (86:1) Were we (was I) thinking of what I could pack into the stream of life?
14. (86:1) We must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others.
15. (86:1) After making our review we ask God's forgiveness and inquire what corrective measures should be taken...

A Nightly Review Prayer:

"God, please forgive me for my failings today. I know that because of my failings, I was not able to be as effective as I could have been for you. Please forgive me and help me live thy will better tomorrow. Father, I ask you now to show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. Lord, show me how to make my relationships right and grant me the humility and strength to do thy will. Amen"(86:1)

Upon Awakening Instructions:

1. (86:2) On awakening let us think about the 24 hours ahead.
2. (86:2) We consider our plans for the day.
3. (86:2) Before we begin we ask God to direct our thinking.

A Prayer for On Awakening:

"God please direct my thinking and keep my thoughts divorced from self – pity, dishonest or self-seeking motives. Lord, please keep my thought life clear from wrong motives and help me employ my mental faculties, that my thought-life might be placed on a higher plane, the plane of inspiration." (86:2)

During The Day Instructions:

1. (86:3) If we are not able to determine which course to take, We ask God for inspiration, an intuitive thought or a decision.
2. (86:3) We relax and take it easy.
3. (86:3) We don't struggle.
4. (87:1) We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be.
5. (87:1) That we be given whatever we need to take care of our problems.
6. (87:1) We ask especially for freedom from self-will and are careful to make no requests for our selves only.
7. (88:2) We let God discipline us in the simple way just outlined.

An 11th Step Morning Prayer:

"God, should I find myself agitated, doubtful or indecisive today, please give me inspiration, help me to have an intuitive thought or a decision about this problem I face. Father, help me not to struggle, instead, help me to relax and take it easy. Help me know what I should do and keep me mindful, that you are running the show. Lord, free me from my bondage of self. Thy will be done always." (86:3)

An 11th Step Morning Prayer:

"God, please show me all through this day, what my next step is to be and please Grace me Father, with whatever I need to take care of the problems in my life today. I ask especially Lord, that you free me from the bondage of self-will, Amen."(87:1)