

I'm not a robot



Click each step to download the corresponding step worksheet, saved in PDF. Two additional worksheets are available below. If you do not want to download a PDF, we also have blog articles that provide information on the 12 steps. Step 1 We admitted we were powerless over alcohol that our lives had become unmanageable. Step 2 Came to believe that a Power greater than ourselves could restore us to sanity. Step 3 Made a decision to turn our will and our lives over to the care of God as we understood Him. Step 4 Made a searching and fearless moral inventory of ourselves. Step 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. Step 6 Were entirely ready to have God remove all these defects of character. Step 7 Humbly asked Him to remove our shortcomings. Step 8 Made a list of all persons we had harmed, and became willing to make amends to them all. Step 9 Made direct amends to such people wherever possible, except when to do so would injure them or others. Step 10 Continued to take personal inventory and when we were wrong promptly admitted it. Step 11 Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. Step 12 Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. Excel Spreadsheet: a workbook for the 4th step Step 10 & 11 personal inventory workbook This file has questions for all 12 steps in comma delimited format (CSV). This is usually imported by default into Microsoft Excel when present, but it can also be used for many other programs for general input and import. The AA Step 11 Worksheet is a pivotal tool utilized within the Alcoholics Anonymous (AA) program. It specifically aids in navigating the eleventh step of the renowned 12-step recovery process. This step emphasizes seeking, through prayer and meditation, to enhance our conscious contact with a Higher Power as we comprehend it. The focus remains on praying for knowledge of its will for us and the strength to fulfill that. The purpose of this worksheet extends beyond just being an instrument for reflection; it serves as a pathway to cultivate and bolster a deep relationship with one's Higher Power. This connection is deemed essential in maintaining sobriety and fostering happiness. By encouraging spiritual growth and connection, the AA Step 11 Worksheet becomes a cornerstone in the journey toward sustained sobriety. The structure of the worksheet is designed to facilitate spiritual practices like prayer and meditation and promote introspection. It comprises sections dedicated to prayer, meditation, and self-reflection, creating a comprehensive roadmap for spiritual development. Individuals are urged to seek guidance from their Higher Power and engage in daily reflections about their actions, attitudes, and progress. This explainer video provides a detailed walkthrough of the AA Step 11 Worksheet, illustrating its features and how to utilize them for maximum benefit. For more extensive information about the AA Step 11 Worksheet and how it can support your recovery journey, visit our comprehensive ?? they offer in-depth insights and instructions to help you maximize this valuable tool. Click here to view on YouTube The AA Step 11 Worksheet is a thoughtfully designed tool to aid your recovery journey. Here's how to effectively use it: Initiate with Daily Prayer: Kickstart your day by seeking guidance from your Higher Power. Ask for strength to execute its will throughout the day. This step sets the tone for your day and initiates a spiritual connection. Engage in Meditation: Allocate some quiet time during your day for meditation. This practice helps enhance your conscious contact with your Higher Power, fostering a deeper spiritual connection. Practice Daily Reflection: Take time to introspect your actions and attitudes as the day progresses. Ask yourself if they align with the will of your Higher Power. This self-reflection encourages personal growth and accountability. Conduct an Evening Review: Review your actions and attitudes as the day concludes. Identify instances where you may have fallen short of your Higher Power's will. Recognizing these shortfalls is crucial for your continued progress. Formulate an Improvement Plan: If your evening review uncovers areas of improvement, don't be disheartened. Instead, formulate a plan better to align your actions with your Higher Power's will. This proactive approach ensures continuous growth in your journey. Conclude with Prayer: Wrap up your day by expressing gratitude to your Higher Power for its guidance. Seek continued strength to fulfill its will in the coming days. This prayer serves as a spiritual bookend to your day. Our printable AA Step 11 Worksheets are designed as aids for your recovery journey. They foster personal growth, spiritual connection, and continued progress in your recovery. Utilize them as a guide to navigate your path toward sobriety and happiness. The AA Step 11 Worksheet is essential for those in the Alcoholics Anonymous (AA) program, particularly when they reach the 11th step. It is a daily practice guide to help individuals connect with their Higher Power and maintain a spiritual focus throughout their recovery journey. But when exactly is it appropriate to use this resource? Let's delve into its potential uses: Daily Spiritual Practice: As part of the 11th step of the AA program, the AA Step 11 Worksheet is ideally utilized daily. It guides you to start your day with prayer and meditation, helping you seek guidance and strength from your Higher Power. Through this daily ritual, you foster a consistent spiritual practice that aids in your recovery. Self-Reflection: The worksheet is a tool for spiritual connection and self-reflection. It includes sections for you to review your actions and attitudes at the beginning and end of each day. This encourages mindfulness and allows you to track your progress, identify areas of improvement, and maintain accountability for your actions. Evening Review: The evening review section of the worksheet prompts you to reflect on your day's actions. This helps you identify missteps or achievements and fosters introspection, which is crucial in recovery. Connection with the Higher Power: The AA Step 11 Worksheet assists you in improving and maintaining your conscious contact with your Higher Power. Regular use aids in strengthening your spiritual connection, which is at the heart of the AA program. The AA Step 11 Worksheet is valuable for anyone embarking on or progressing through the AA program. Its daily use can significantly enhance your spiritual growth, self-awareness, and commitment to recovery. The worksheet fosters a disciplined routine and encourages a deeper understanding of oneself and one's Higher Power. The recovery process in the Alcoholics Anonymous (AA) program involves a series of steps, with Step 11 known for its focus on improving one's spiritual connection. The practice centered around this step, often facilitated by free AA Step 11 Worksheets, offers numerous benefits: Enhanced Spiritual Connection: Regular engagement with the AA Step 11 practice strengthens your relationship with your Higher Power, fostering spiritual growth and grounding you in your sobriety journey. Promotes Self-Awareness: The reflective nature of the AA Step 11 practice encourages introspection, helping you understand your actions and attitudes better, thereby promoting self-awareness. Offers Guidance and Responsibility: An essential aspect of recovery. Tracks Spiritual Growth: Consistent engagement with the AA Step 11 practice allows you to track your spiritual progress over time, providing tangible evidence of your growth and improvement. Facilitates Daily Discipline: The AA Step 11 practice instills a discipline of daily prayer and meditation, reinforcing your commitment to recovery. Deepens Understanding of Higher Power: This practice assists in deepening your understanding of your Higher Power, irrespective of your spiritual beliefs, reinforcing communication during the recovery process. Reinforces Recovery Practices: The AA Step 11 practice reinforces other recovery practices, such as the Twelve Steps, by focusing on spiritual growth and connection. Personal Growth: Beyond recovery, the self-reflection encouraged by the AA Step 11 practice can lead to personal growth and improved mental well-being. Accessibility: Our Free AA Step 11 Worksheets make this practice accessible to anyone, anywhere, aiding their recovery journey. Customizable Practice: The AA Step 11 practice is adaptable to individual beliefs and preferences, making it a flexible tool for sobriety. The AA Step 11 practice, facilitated by our free AA Step 11 Worksheets, offers many benefits that support and enhance recovery. The AA Step 11 Worksheet, rooted in the principles of the Alcoholics Anonymous program, is an integral tool in facilitating the journey to sobriety. The effectiveness of this resource and the AA program overall is substantiated by extensive research and empirical evidence. The Alcoholics Anonymous program, first established in the 1930s, has a long-standing history of aiding individuals in their quest for sobriety. It emphasizes spiritual growth and connection with a Higher Power, principles embodied in the AA Step 11 Worksheet. In a study titled "Is Alcoholics Anonymous Religious, Spiritual, Neither? Findings from 25 years of Mechanisms of Behavior Change Research," the researchers affirm the capacity of AA's spiritual focus to aid recovery. This research emphasizes the importance of turning one's life and will over to a Higher Power, a practice reinforced by the AA Step 11 Worksheet. Similarly, the article "An evidence-based and occupational perspective of interventions for persons with substance-use disorders" recognizes the value of self-help programs like Alcoholics Anonymous. It mentions using workbooks, comparable to the AA Step 11 Worksheet, to identify personal triggers and track progress. Moreover, "Exploring compatibilities between acceptance and commitment therapy and 12-step treatment for substance abuse" acknowledges the importance of prayer and meditation, practices central to the AA Step 11 Worksheet, in the recovery process. Furthermore, a randomized clinical trial titled "Facilitating Involvement in Alcoholics Anonymous during out-patient treatment" presents evidence supporting AA involvement as beneficial to recovery. The AA Step 11 Worksheet's principles and practices are backed by decades of research and clinical evidence. It provides a structured approach to step 11 of the AA program, promoting spiritual growth and self-awareness, critical elements in achieving and maintaining sobriety. Typically, individuals participating in the Alcoholics Anonymous (AA) program or similar 12-step recovery programs use AA Step 11 Worksheets. AA Step 11 Worksheets are generally used daily as part of the ongoing process of spiritual growth in the 11th step of the AA program. These worksheets help individuals connect with their Higher Power through prayer and meditation and reflect on their actions and attitudes.

Step 11 aa worksheet. Aa 4th step worksheet examples. Step 4 aa worksheet example. Aa 11 steps. Aa step 4 instructions. Step 11 worksheet. Aa step 2 worksheet answers.