

Write down Step 11 and learn it.

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On awakening, do you think about the 24 hours ahead and consider your plans for the day?

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If circumstances warrant, do you ask your spouse or friends to join you in morning meditation?

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What are some of the things you prayed for before recovery and some of the things you pray for today?

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How do you feel about praying?

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Step 11

Client Questions 11.1

When do you usually pray?

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Have you prayed and meditated today?

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Can you recall anytime that your life was heading in the wrong direction? If so, what brought you back? Describe.

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How would you describe your beliefs about God and a Higher Power to a child?

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Do you ask for freedom from self-will?

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Do you pause when agitated or doubtful, and ask for the right thought or action?

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What forms of meditation do you use today and what effect does this have on your recovery?

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How is it helpful to use spontaneous prayer throughout the day?

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