

# Step Eleven Worksheet with Questions

## Worksheet for Step 11 of 12 Step Programs

### Step 11

**Focus of step 11:** We have now established a better and healthier day to day life. However, we must not harbor any illusions that our efforts alone got us here or will keep us here. None of this would have been possible without following the plan set for us by our Higher Power. This step and these questions will help us build and maintain a close relationship with our Higher Power necessary to remain sober and happy.

### Step 11 Questions

How has your belief in a Higher Power changed since you started working the steps?

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How would you explain these beliefs to an atheist?

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What do you believe happens after death?

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How do I understand the difference between religion and spirituality? Do I have both in my life? Do I need both?

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How often do I pray? How does prayer make you feel? What role does it play in your life?

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When I pray do I make demands or petition my Higher Power? Do I express enough gratitude? Do I pray for others or only for myself?

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Do I meditate? Why or why not? If you do, what role does it play in your life?

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Do you feel connected to anything when you meditate? Are you listening to anything?

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Has your perception of self been altered by your relationship with a Higher Power? How has it changed?

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Do you always remember you are not in control? How do you remind yourself of that?

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**How step 11 helps us recover:** Having answered these questions and worked this step, you should have a more secure and healthy relationship with your Higher Power. This is an indispensable part of recovery.

Read more about [step 11 & improving a conscious contact with our Higher Power.](#)