

Step 11 – Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

11D – Conscious Contact

How has my life been influenced by thinking that I have to handle everything myself?

How much have I lived a life oblivious to any possible spiritual connections?

What do I think my conscious contact with a higher power consists of?

When I start “coasting” in my recovery, what happens to my awareness of spiritual directions?

What practices have I found help me keep awareness of spiritually directions? What are some signs that my plans are being changed by a higher power right now?

How does the regular performing of those practices help me keep an awareness of my higher power?

How much do I find that gratitude to my higher power comes naturally when I am aware of the spiritual events in my life? Have I found efforts to force gratitude to work for me? If not, what has worked for me to become more grateful?

When I am spiritually connected, how much more do I find time to stop and be in awe of events around me such as spectacular sunsets, rainbows, connections with other recovering addicts, etc.? What do I need to do to my schedule so that I can continue to have such time?