

# Step 11 Worksheets

# Spiritual Awareness

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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