**Step 11: Improving Conscious Contact**

*“I sought through prayer and meditation to improve my conscious contact with God, as I understand Him, praying only for knowledge of His will for me and the power to carry it out.”*

Step 11 is one of the three “continued growth steps,” falling between Step 10, Continued Inventory, and Step 12, Carrying the Message and Practicing the Principles. This step is designed to be part of the foundation of a daily practice to keep making your recovery stronger and helping you make your life better.

1. In Step 11 you are asked to seek through prayer and meditation to improve your “conscious contact with God as you understand God.” How can you do this?

2. If you’re uncomfortable with prayer and meditation or feel you don’t know how to do them, who can you ask for guidance on this?

3. What does “conscious contact with God as you understand God” mean to you?

4. If you recall some of the questions you answered about Step 3, they talked about different ways your Higher Power might be communicating with you. What ideas did you find worked best for you and can you see ways this communication could be made clearer?

5. How would clearer contact and communication with the God or Higher Power of your understanding help you in your day-to-day life?

6. How can you use prayer or meditation to improve your ability to be aware of and understand this communication or “conscious contact”? How can you do this in your daily life?

7. The second part of Step 11 guides you to pray only for knowledge of God’s will for you and the power to carry that out. Why do you think this is written this way, instead of telling you to figure out what’s best for you and pray for that to happen?

8. When you were drinking, using, or engaged in other addictive behaviors, did you make mistakes about what was best for you and what needed to happen in your life? Are you immune from that type of mistaken thinking now, or do you still catch yourself making mistakes in this area? If you still make mistakes like this, please give an example.

9. How can you become more aware of what your God or Higher Power is trying to guide you toward in your life? Do you think that inner voice, or gut feeling, or conscience the Step 3 assignment talked about earlier could be a good guide? How could you be sure you were really following the guidance of your Higher Power instead of your own addictive thinking patterns? Would talking with others about your thoughts help? Who would be the best people to talk with about this?

10. The last part of Step 11 asks for the “power to carry that out.” How could your God or Higher Power help in this area?

Be sure to bring this handout to your next session with your therapist and talk about your thoughts and feelings about the exercise.