

THE SOBRIETY METER[©]

11th Step Prayer and Meditation

At the beginning of your day

Ask the following during your mediation:

- Think about the day ahead and your plans for the day; ask your Higher Power to help you to complete the tasks of today.
- Ask your Higher Power to direct your thinking, especially asking it to be divorced from self-pity, dishonest or self-seeking motives.
- When thinking about our day, we may have indecision or be unable to determine which course to take; ask your higher power for inspiration, an intuitive thought, or a decision. Relax and take it easy; do not struggle and you will be surprised how the right answers will come.
- Never make any requests for yourself only unless another will be helped.
- Conclude this period of morning meditation with a prayer edited from page 87. “Show me throughout the day what my next step is to be, please given me whatever we need to take care of problems. I ask especially for freedom from self-will. Help me to be Useful.”

During your day work your 10th Step

At the end of your day, perform a review

Ask the following during your mediation:

- Was I resentful?
- Was I selfish?
- Was I dishonest? (Don't allow grey areas; wrong is wrong)
- Was I afraid?
- Do I owe an apology?
- Have I kept something to myself that should be discussed with another person at once?
- Was I kind and loving toward all? (Lift others up!)
- What could I have done better? (Use this question to think about how you could have acted better, practice for game day!)
- Was I thinking of myself most of the time? (Think of others more than yourself)
- Was I thinking of what I could do for others? (Not just other AA's. Everyone!)

Be careful not to drift off into worry or morbid reflection, for that would diminish your usefulness to others.

After making this nightly review, ask for your Higher Power's forgiveness and inquire what corrective measures should be taken.

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Works Cited: Alcoholics Anonymous. Alcoholics Anonymous. 2nd ed., Alcoholics Anonymous World Services, Inc., 1973.