

Step Eleven Worksheets

Step Eleven Retreat Overview¹

Step 11—Worksheet 1

What is a Step Eleven retreat?

A Step Eleven Retreat is time away from our busy lives to connect with our Higher Power on a level that cannot be achieved during the events of our regularly scheduled lives. This usually takes extra time to prepare for.

It is a time to...

- Free ourselves from distractions
- Put away our digital devices
- Calm our spirit
- Silence our inner critic
- Set aside other responsibilities

Retreats provide time and space for...

- Getting away from everyday responsibilities
- Gaining clarity that can only come through calming my spirit
- Finding direction in my life
- Recognizing old behaviors
- Creating an even stronger connection with Higher Power

Items to take with you...

- Things that bring you comfort
- Things that ground you in the here and now
- Journal and/or paper
- Pen or pencils
- Book(s) to read
- Daily devotionals
- Prayers—The Set Aside prayer, Serenity Prayer, Step Prayers, etc.
- Music

Ideas...

- Set an allotted time for purposeful connection
- Take advantage of spontaneous opportunities

Examples:

- For 4 hours, half a day, a drive, be creative with choosing your space
- A weekend at a retreat center
- Get away from it all—the stress, insanity, people, and devices—at your favorite space

¹ Created in collaboration by 2023 Step Study Committee

Step Eleven Retreat Worksheet²

Step 11—Worksheet 2

1. Where will you go? What location?

2. What day/days will you set aside time?

3. What items will you take with you?

4. Who will be your spiritual guide³?

5. Are there special instructions from your spiritual guide?

² Created in collaboration by 2023 Step Study Committee

³ A spiritual guide is a person who helps prepare you for this spiritual journey and allows you an opportunity to process your retreat.

Dialoguing with Higher Power Worksheet

Step 11—Worksheet 3

Suggestion: For this exercise, you may benefit from writing the communication received from your Higher Power using your non-dominant hand.

Me: (Ask your Higher Power a question)	
Higher Power: (Meditate and write what comes to you)	Does this fit into Honest, Willing, Courageous, Humble, Forgiving, Responsible, Grateful, or Faithful thoughts? Yes No
Me: (Ask your Higher Power a question about what came to you)	

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Me: (Ask your Higher Power a question about what came to you)	

Dream Journal Analysis

Step 11—Worksheet 4

Date:		
The Feeling of the Dream —		
The Theme of the Dream —		
What message is your Higher Power revealing to you from your dream?		
Symbols	Meaning of the Symbols	Feeling through the Symbols

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