

### **STEP 11 EVENING REVIEW**

...a constructive review of our day:

1. Was I selfish, dishonest, inconsiderate, resentful or afraid today?
2. Do I owe an apology?
3. Am I keeping something to myself NOW which should be discussed with another person AT ONCE?
4. Was I kind and loving towards all today?
5. Is there something I could have done better during my day?
6. Was I thinking of myself most of the day?
7. Was I thinking of what I could do for others or of what I could pack into the stream of life TODAY?
8. Did I avoid falling into worry, remorse and/or morbid reflection today?
9. Did I remember that LOVE AND TOLERANCE of others IS OUR CODE? (Remember the PRAYER OF TOLERANCE: "Please, Lord, HELP ME TO BELIEVE that this person is doing their VERY LEVEL BEST at this precise moment in time. GOD SAVE ME from being angry, critical or judgmental. Thy Will be done.")
10. Did my actions today indicate that I have ceased fighting anything or anyone?
11. Am I seeing that truth, justice and love are the real and eternal things in life?
12. At times of anxiety, stress and/or indecision TODAY, was I able to "STAR": Stop, Think, and Ask God to grant me...SERENITY TO ACCEPT the things I could not change; for the COURAGE TO CHANGE the things I could and the WISDOM TO KNOW the difference...before I Responded?

Adopted from the Big Book page 86 and the 12 & 12 pages 91 – 103.

Wayne B.