Step Eleven — The Nightly Review

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out." — p. 59 · read pp. 85–88

> *"When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken."*
>
> — Into Action, p. 86

THE PRACTICE

the nightly notebook

1. **A brand-new three-subject spiral notebook.** Only your nightly reviews go in it. Nothing else.
2. **Done when you retire at night — each night.** Not the next morning, not "when I get to it."
3. **Twelve questions, in this order,** from page 86. Number them. Date the page.
4. **Always end with 5–10 gratefuls.** That is how the review stays constructive and out of "morbid reflection."
5. **Take a picture and text it to your sponsor.** Every night. That is the accountability.

HOW TO READ THE QUESTIONS

1–4 are a mini fourth column. If you have a resentment, you will always find a selfish thought, a lie you believed, and a fear attached to it. If nothing bothered you today, #1 is "No" — but there is *always* a selfish thought, a delusion, and a fear to write every day.

Only three can honestly be "No": 1 Resentful, 5 Apology, 6 Secrets. Every other question gets an answer every evening.

Keep it short, and keep it constructive. Name the thing, name the correction, close the book. Five minutes is plenty; forty is self-absorption. It is done in God's company — reporting the day to a boss, not sitting alone in judgment on yourself. Anything that shows up night after night goes to your sponsor. — Tim M; Joe McF

THE TWELVE QUESTIONS

"Today, where was I…" · 1–4 are "Were we resentful, selfish, dishonest or afraid?" · p. 86

1. **Resentful** — did anyone or anything bother me today?
2. **Selfish** — the self-centered thought behind that resentment
3. **Dishonest** — the lie I believe, based on that thought
4. **Afraid** — the fear underneath that delusion
5. **Apology** — do I owe anyone an apology? For what?
6. **Secrets** — anything I'm keeping to myself that should be told?
   "…should be discussed with another person at once"
7. **Kind & Loving** — who was I kind to today, and how?
8. **Done Better** — what could I have done better today?
9. **Thinking of Self** — what % of today went to me, my wants, my feelings?
10. **Stream of Life** — what did I do today that benefits me spiritually? For others?
11. **Corrective Measures** — as a prayer: what I need God's help to correct tomorrow
    "…inquire what corrective measures should be taken"
12. **Gratefuls** — five to ten things I am grateful for today

READ SOMETHING SPIRITUAL

every morning · p. 87

> *"There are many helpful books also… Be quick to see where religious people are right. Make use of what they offer."*
> Into Action, p. 87

bigbook.it — today's readings in one place: *Daily Reflections*, *Twenty-Four Hours a Day*, *As Bill Sees It*, *Just for Today*, *Touchstones*, and more. It opens on today. Read one before you make your plans for the day (p. 86), and carry one line from it into the day — a phrase to say over and over when the channel gets choked (Twelve and Twelve, p. 103).

The other two times. Step Eleven is three things at three times. **On awakening** (pp. 86–87): think about the twenty-four hours ahead; ask God to direct your thinking, "divorced from self-pity, dishonest or self-seeking motives"; ask for freedom from self-will; "no request for ourselves only." **Through the day** (pp. 87–88): pause when agitated or doubtful — PARS, on your Step Ten sheet. **At night:** this page. "It works—it really does." (p. 88)

Alcoholics Anonymous, "Into Action," pp. 85–88 · Twelve and Twelve, Steps Ten–Eleven · outline: Relevant Recovery Sponsorship Workshop, 2024

Nightly Review

copy this outline into the front cover of your notebook — then answer it every night, in order

Date _____ *Today, where was I…*

1. **RESENTFUL** *did anyone, anything, or any situation bother me today?*

2. **SELFISH** *my self-centered thought attached to the resentment above*

3. **DISHONEST** *the lie I believe, based on that thought — to others or to myself*

4. **AFRAID** *my fear, underneath that delusion*

5. **APOLOGY** *do I owe anyone an apology? for what?*

6. **SECRETS** *anything on my conscience I haven't told another person?*

7. **KIND & LOVING** *who I was kind to today, and how*

8. **DONE BETTER** *what I could have done better today*

9. **THINKING OF SELF** *how much of today I spent thinking about myself, my wants, my feelings*

   ____ %

10. **STREAM OF LIFE** *what I did today that benefits me spiritually — what I did for others*

11. **CORRECTIVE MEASURES** *as a prayer — God, help me tomorrow to…*

12. **GRATEFULS** *five to ten*

Then: photo to your sponsor · close the book · "sleep in good conscience."