

Step 11 Nightly Review

When we retire at night, we constructively review our day:

- Were we resentful?
- Were we selfish?
- Were dishonest?
- Were 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 inquire with our Higher Power as to what corrective measures should be taken.*

*original text says "ask God's forgiveness and inquire..."

As one of the speakers in [this talk](#) [outside link] has shared,

"Having to ask for 'His' forgiveness required that I first have a judging Higher Power."

So this text has been altered to support those of us with only a loving, non-judging Higher Power.

From p.28 of the AA Big Book (4th edition):

"We, in our turn, sought the same escape with all the desperation of drowning men. What seemed at first a flimsy reed, has proved to be the loving and powerful hand of [our Higher Power]."

edited by Stan in Recovery, 7.12.2025 <https://staninrecovery.neocities.org/>