

**CoDA-Tulsa – Melody Beattie “Codependents Guide to the 12 Steps”**

**STEP 11 – Exercise 1**

***“...Sought through prayer and meditation to improve our conscious contact with God (Higher Power) as we understand God (our Higher Power), praying only for knowledge of God’s (our Higher power’s) will for us and the power to carry that out...”***

1. Have you begun the discipline of prayer in your life? What does that consist of? What are your feelings and fears about praying, about talking to God (your Higher Power)? What time of day works best for prayer? Do you have a favorite place?

**Have you begun the discipline of prayer? Why or why not?**

**What does that (prayer) consist of?**

**Feelings and fears about praying**

**What time of day works best? Where works best?**

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**STEP 11 – Exercise 2**

***“...Sought through prayer and meditation to improve our conscious contact with God (Higher Power) as we understand God (our Higher Power), praying only for knowledge of God’s (our Higher power’s) will for us and the power to carry that out...”***

2-3. How do you meditate? Do you like meditation books? Which are your favorites? When is the best time for reading a meditation? Do you like recordings? What other activities help you relax and get in touch with yourself?

**How do you meditate?**

**Favorite meditation books**

**Best time for meditation reading. Why?**

**Recordings? (audio or video)**

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**STEP 11 – Exercise 3**

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Have you experimented with any other forms of meditation?

**Other forms of meditation you have tried:**

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**STEP 11 – Exercise 4**

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Other activities that help you get quiet, centered and peaceful/

Activities that help you relax and get in touch with yourself.