**The Nightly Eleventh Step Questions**

The Big Book (page 86) offers a set of questions for end-of-day reflection. These are designed to help us see where we were aligned with spiritual principles—and where we fell short.

* Was I resentful?
* Was I selfish?
* Was I dishonest?
* Was I afraid?
* Do I owe an apology?
* Have I kept something to myself that should be discussed with another person at once?
* Was I kind toward all?
* Was I loving toward all?
* What could I have done better?
* Was I thinking of myself most of the time?
* Did I think of what I could do for others?
* Did I think of what I could pack into the stream of life?

After reviewing these questions, we ask for God’s forgiveness and guidance on what corrective measures to take.