

Applying the Serenity Prayer

Acceptance, change, wisdom in recovery

Printable worksheet · 7 parts

Name _____ Date _____

Acceptance, Change, Wisdom & Peace

"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

Contents

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- Part 2 · Control
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PART 1 OF 7

Understanding

Part 1: Understanding the Serenity Prayer

1. Write the Serenity Prayer in your own words:

Your interpretation...

2. List five ways this prayer relates to your recovery:

a. / b. / c. / d. / e.

3. Rate your current level of serenity (1-10): 5

PART 2 OF 7

Control

Part 2: Control Assessment

4. Situations you're trying to control:

People

Circumstances

Outcomes

5. Rate the emotional cost of each (1-10):

Situation 1

Situation 2

Situation 3

6. Identify controlling behaviors:

PART 3 OF 7

Acceptance

Part 3: Acceptance Inventory

7. Things you need to accept:

About Yourself

About Others

About Recovery

8. Rate difficulty of acceptance (1-10):

Item 1

Item 2

Item 3

9. List barriers to acceptance:

What makes acceptance difficult...

PART 4 OF 7

Change

Part 4: Change Analysis

10. Things you can change:

Behaviors

Attitudes

Choices

11. Create change action plans:

Change 1: Plan: / Change 2: Plan: / Change 3: Plan:

12. List resources needed:

Resources...

PART 5 OF 7

Wisdom

Part 5: Wisdom Development

13. Decision-making checklist criteria:

☐ Is this within my control? / ☐ Can I take action to change this? / ☐ Am I accepting what I can't change? / ☐ Other criteria...

14. List past wisdom lessons:

15. Identify areas needing discernment:

Areas needing clarity...

Part 7: Letting Go Practice

19. Identify what to release:

Resentments

Expectations

Control Needs

20. Create letting go rituals:

21. List benefits of letting go:

Benefits...

PART 6 OF 7

Practices

Part 6: Serenity Practices

16. List current serenity practices:

Morning

Throughout Day

Evening

17. Create new serenity rituals:

18. Develop grounding techniques:

Grounding techniques...

Part 9: Daily Application

25. Morning reflection questions:

What can I accept today?

What can I change today?

What wisdom do I need?

26. Evening review questions:

What did I accept well?

What did I change effectively?

What wisdom did I gain?

27. Create daily reminder system:

How will you remind yourself...

PART 7 OF 7

Integration

Part 8: Support System Integration

22. List support resources (Name, Role, Support Type):

Name: ____ Role: ____ Support Type: ____ / Name: ____ Role: ____ Support Type: ____ / Name: ____ Role: ____ Support Type: ____

23. Create support outreach plan:

When to reach out: / What to say: / Type of help needed:

24. List ways others can help:

How others can support you...

Part 10-12: Recovery Goals & Progress

28-29. Serenity-based recovery goals:

Short-term

Medium-term

Long-term

31-32. Potential obstacles and response strategies:

Challenge 1: Response: / Challenge 2: Response: / Challenge 3: Response:

38. Create maintenance plan:

Daily practices: / Weekly reviews: / Monthly assessments:

Part 14: Commitment and Reflection

40. What have you learned about serenity?

Your learnings...

41. How will serenity support your recovery?

Serenity's role...

42. Create three serenity affirmations:

43. Final commitment statement:

I commit to...

Remember: Serenity comes through accepting what we cannot change, courageously changing what we can, and developing the wisdom to know the difference.