

Serenity Prayer Worksheet

Name: _____ Age: _____ Date: _____

Take a moment to reflect on the meaning of this prayer before answering the questions below.

Part 1: Acceptance and control

These questions will help you explore your patterns of acceptance and control. Be honest and specific in your answers.

1. What are some things in your life that you often try to change, even though they may be out of your control?

Examples: other people's opinions, the past, unpredictable events

2. What emotions come up when you face things you cannot change?

Examples: frustration, helplessness, anxiety

3. What are some things you tend to avoid or feel unsure about changing, even though they are within your control?

Examples: habits, responses, boundaries, self-talk

4. How can you start practicing the wisdom to know the difference between what you can and cannot control?

Examples: mindfulness, journaling, therapy, talking to a trusted friend

Part 2: Your personal problem

Choose one current life challenge and reflect on it using the questions below.

1. Briefly describe the problem you are facing:

2. What parts of this problem are outside your control and need to be accepted?

3. What parts of this problem are within your control and can be changed with action or mindset?

4. What first step can you take to accept what cannot be changed?

5. What first step can you take to change what is within your power?