This manual was developed as part of the National Institute on Drug Abuse (NIDA) Grant DA08608, *Cognitive Enhancements for the Treatment of Probationers* (CETOP).

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March, 2000

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The Serenity Prayer

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.

The Serenity Prayer was written by Reinhold Neibuhr in 1926. AA adopted the short form of the prayer early on as a helpful meditation (see above). Because of the prevalence of using this prayer in Twelve Step programs, we have created maps to help people consider how to apply its tenets to their lives.
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.

Serenity Prayer . Map 1 of 5
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.

This is what this phrase means to me.

Here are some things I cannot change.

This is how not being able to change these things makes me feel.

This is how having serenity about these things will make me feel.

Def = Definition     Ex = Example     C = Characteristic
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.

**courage to change the things I can,**

- **Def**
  - This is what this phrase means to me.
- **Ex**
  - These are some things I can change.
- **Ex**
  - This is how courage will help me make these changes.
- **C**
  - This is a picture that shows how I will feel when I have the courage to make these changes. (Draw or describe.)

**Def** = Definition  **Ex** = Example  **C** = Characteristic
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.

This is how I will tell the difference from now on.

These are some of the times I haven't been able to tell the difference.

This is what this phrase means to me.

### Def = Definition

### Ex = Example
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.
Discussion Topics for *The Serenity Prayer* Maps

Discuss any new insights you have gained on the meaning or use of “*The Serenity Prayer.*”

When has “*The Serenity Prayer*” been helpful to you in the past?

How do you plan to use “*The Serenity Prayer*” in the future?

How can “*The Serenity Prayer*” help you with your *Twelve Steps*?

How can you apply “*The Serenity Prayer*” to the Step you are currently working on?