
STEPWISE RECOVERY

Serenity Prayer Card

Finding clarity when you're stuck

A printable card with the Serenity Prayer and practical guidance for using it in hard moments to find clarity.

The 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. — Reinhold Niebuhr

Prefer a secular version?

May I find peace with what I cannot change, strength to change what I can, and clarity to know the difference.

How It Works

Read this slowly when you're stuck. You're not after comfort—you're after clarity. In hard moments, three things tangle together: what you genuinely cannot change, what you actually can shift, and the fog that makes them impossible to tell apart. This prayer unpicks them again.

Using This Card

When you need it most

- Breathe first, for two minutes if you can.
- Say each line slowly. Notice which ones land.
- Name what's in front of you. Is this a craving you can't think away? A choice only you can make? The part where you can't see?
- Once you name it, you start to know what to do with it.

Keep it close

Carry this where you'll find it: wallet, phone, bedside, mirror. Not for the good days. For the ones where you need reminding that some things shift and some don't.

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