

12-Step Journals: Step #3

“Made a decision to turn our will and lives over to the care of God as we understood Him.”

As part of a recovery process it's really helpful to ask and answer important questions pertaining to step two; questions about insanity coming to believe, a power greater than ourselves, restoration to sanity and spiritual principles. Answer the following questions thoroughly, at least 1 paragraph for each question.

When we've taken steps one and two we have learned and accepted that our lives are unmanageable, we are alcoholics and a power greater than ourselves can restore us to sanity.

- How has acting on my own self-will affected my life? How has it affected others?
- How can I take action to turn it over?
- What is the difference between my will and God's will?
- How is my Higher Power working in my life?
- Is my current concept of a Higher Power working my need to change?
- What does “to the care of” mean to me?
- How might my life be changed if I make the decision to “turn it over?”
- Am I unwilling to do things in my recovery that are being suggested? If so, why?
- How does surrender in the first step relate to or help the third step?