

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?**

Acting on my own self will has put me in the position where I am now bound to something that affects me negatively. Not only is this an unfortunate reality, but it also hinders positive aspects of my life (saving money, focusing in classes, and my long term health). It has affected others around me mostly regarding my health, and many of my friends and loved ones have expressed their concern and anxiety about my heart condition worsening.

- **How can I take action to turn it over?**

I can take action to “turn it over” by intentionally taking the time to meditate on releasing the desire that I have to engage in addictive behavior, and to pray about the root of my desires and why I want to continue in this behavior even though I understand that it is potentially destructive for me.

- **What is the difference between my will and God's will?**

My will is guided by what I want: my desires determine my will. However, we know that some of my desires can be destructive and produce negative consequences; my desires are limited to my immediate “needs” and perspective. God's will is in tune with his all-knowing perspective. God's will is determined by his desires for me. And if he knows all, and would want what is best for me, than I can assume God's will would be greater than my own.

- **How is my Higher Power working in my life?**

My higher power is working in my life through His presence, being a constant comfort and encouraging in this journey of identifying areas of bondage and overcoming them. I know that my Higher Power is poised to listen when I'm

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frustrated and lead me to the answers of my questions regarding my own desires and why I do what I do.

- **Is my current concept of a Higher Power working my need to change?**

He is working my need to change; when I meditate about this process, I see a greater purpose. The work that I feel happening is not necessarily about the substance that I am trying to detach from — it is about the how and why questions along the way. The fact that I can see it from this. Perspective is also only by a work being done in my own mind.

- **What does “to the care of” mean to me?**

To me, the phrase “to the care of” alludes to trust. We are entrusting our lives and their direction to a Higher Power, in order that we not attempt to take control in our own powerlessness.

- **How might my life be changed if I make the decision to “turn it over?”**

I believe that my life has continually been changed as I turn my life over to my Higher Power. I believe that supernatural strength, patience, understanding, and more can be provided for this process through trusting in my life to my Higher Power. Additionally, the more conscious I am of this “turning over,” the more I can be at peace; although I must do the work of persevering, the presence of this Higher Power is a comfort and a safety net for me mentally.

- **Am I unwilling to do things in my recovery that are being suggested? If so, why?**

Initially, I was unwilling to do the things necessary to break the habit I am trying to overcome. I wanted to cut corners and drink some coffee here or there, or every other day. But now, I am not unwilling: I am becoming increasingly excited for my overcoming of this habit and I am optimistic.

- **How does surrender in the first step relate to or help the third step?**

Surrender must begin in the first step because it is a process. Concerning the individual difference, the first step of surrender is related to admitting the issue of the addiction at hand. Once you are willing to be honest and admit, you can begin to surrender upward to the Higher Power, which allows for a shift of weight/pressure/loneliness along the 12-step journey.