

# Step Three Overview & Workseet

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

**Step Three** invites us to make a conscious decision to turn over control of our lives to a Power greater than ourselves. This decision comes after acknowledging our powerlessness (Step One) and beginning to believe that we can be restored to sanity (Step Two). Now, we're asked to actively surrender and trust that this Higher Power can guide us. This step is about letting go of control and trusting that something greater than ourselves can care for our will and our lives.

## How to Work Step Three:

1. **Decision:** Understand that this is a decision that you can renew daily—trust that surrendering will allow healing.
2. **Surrender:** Let go of the need to control everything in your life and trust in a Power greater than yourself.
3. **Willingness:** Be willing to trust that your Higher Power has your best interest at heart, even when it's hard to see.
4. **Action:** Follow up your decision with action—commit to making choices that align with surrender and trust.

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## 1. Making a Decision

### Why is making a decision central to working this step?

#### How to think about it:

- Step Three is about making a conscious decision to turn over your will and life. Reflect on why this decision is so important—without it, there is no foundation for surrender. Ask yourself why committing to this step is key to your recovery.
- Understand that the decision itself is an act of faith and a crucial moment of surrender.  
*Ask yourself: How does making a decision to turn over my will and life set the foundation for change?*

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### Can I make this decision just for today? Do I have any fears or reservations about it? What are they?

#### How to think about it:

- Surrender can feel overwhelming, especially if you think of it as a permanent, one-time decision. Reflect on whether you can make this decision just for today. Explore any fears or reservations you have—whether it's fear of losing control, uncertainty about what surrender means, or doubt about your Higher Power.
- Acknowledge that making the decision “just for today” takes the pressure off and allows you to move forward one step at a time.

*Ask: What fears hold me back from fully surrendering, and how can I begin to let go, even if just for today?*

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## What action have I taken to follow through on my decision?

**How to think about it:**

- A decision without action is meaningless. Reflect on what actions you've taken since deciding to turn your will and life over. Have you committed to daily surrender, attended meetings, worked with a sponsor, or started to practice trust in your Higher Power?
- The goal is to make sure that your decision isn't just intellectual but is backed by real, tangible action.

*Ask: What actions am I taking today to show that I've committed to turning over my will and life?*

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## What areas of my life are difficult for me to turn over? Why is it important that I turn them over anyway?

**How to think about it:**

- Some areas of life may feel too personal, too painful, or too important to surrender. Reflect on where you're still holding on—whether it's relationships, finances, career, or personal goals. Consider why surrendering these areas is important, even if it feels scary or uncertain.
- Acknowledge that holding on to control in these areas may be preventing growth and peace.

*Ask: Which parts of my life am I still holding onto, and how is that preventing me from fully embracing recovery?*

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## 2. Self-Will vs. Surrender

### How have I acted on self-will? What were my motives?

**How to think about it:**

- Self-will often manifests as control, manipulation, or acting impulsively. Reflect on how you've acted on self-will—whether by forcing your will on others, ignoring consequences, or pushing through life without considering a Higher Power. Explore the underlying motives—whether it's fear, pride, or a need for control.

- Acknowledge how self-will has driven your decisions, often leading to negative outcomes.  
*Ask: How has self-will shown up in my life, and what has motivated those actions?*
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## How has acting on self-will affected my life? How has my self-will affected others?

### How to think about it:

- Reflect on the consequences of acting on self-will. Consider how it has impacted your relationships, career, emotional health, and recovery. Explore the ways in which self-will has hurt those around you, whether by disregarding their feelings or needs, manipulating situations, or causing harm.
  - Recognize the destructive nature of self-will and how surrendering it can lead to healthier relationships and a more balanced life.  
*Ask: What damage has my self-will caused in my life and the lives of others?*
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## Will pursuing my goals harm anyone? How?

### How to think about it:

- Reflect on your current goals. Are they based on self-will, or are they aligned with recovery? Consider whether achieving these goals will hurt anyone or compromise your values. Ask yourself if pursuing these goals will require dishonesty, manipulation, or selfishness.
  - Acknowledge that some goals may need to be adjusted to align with spiritual principles.  
*Ask: Are my goals aligned with recovery, or are they driven by self-will at the expense of others?*
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## In the pursuit of what I want, is it likely that I will end up doing something that adversely affects myself or others? Explain.

### How to think about it:

- Sometimes pursuing what we want comes at a cost to ourselves or others. Reflect on whether chasing certain desires will lead to harm—whether it's by overextending yourself, compromising your recovery, or negatively impacting those around you.
  - Recognize that goals driven by self-will often lead to unintended consequences.  
*Ask: How might chasing certain goals or desires hurt me or others in the process?*
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## Will I have to compromise any of my principles to achieve this goal?

### How to think about it:

- Reflect on whether you'll need to compromise honesty, integrity, or other spiritual principles in order to achieve a goal. If so, consider whether the goal is worth pursuing or if it's driven by self-will rather than recovery.
  - The goal is to ensure that your decisions align with your values and the spiritual principles of the program.  
*Ask: Am I willing to compromise my principles for what I want, and how does that affect my recovery?*
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### 3. Understanding God's Will vs. My Will

**Describe the times when my will hasn't been enough. (For example, I couldn't stay clean on my own will.)**

**How to think about it:**

- Reflect on moments where your willpower alone wasn't enough to get you through, particularly in your attempts to stay clean or manage life without support. Consider how relying on your willpower led to frustration, relapse, or failure.
  - Acknowledge that your own willpower is limited and that relying on a Higher Power can offer more strength and guidance.  
*Ask: What situations in my life have shown me that my willpower alone isn't enough?*
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**What is the difference between my will and God's will?**

**How to think about it:**

- Reflect on how your will is often driven by fear, pride, or self-interest, while God's will (or a Higher Power's will) is more aligned with peace, love, and the greater good. Consider how self-will leads to chaos and conflict, while God's will leads to serenity and growth.
  - Recognize the value in aligning your life with spiritual principles rather than being driven by ego or fear.  
*Ask: How does my will differ from God's will, and how can I begin to align my actions with spiritual guidance?*
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**Have there been times in my recovery when I've found myself subtly taking back my will and my life? What alerted me? What have I done to recommit myself to the Third Step?**

**How to think about it:**

- It's easy to fall back into self-will, especially when things are going well. Reflect on times when you've slowly taken control back, slipping into old patterns. What signs alerted you to

this shift—whether it was emotional discomfort, conflict with others, or neglecting your recovery practices?

- Consider how you can recommit to the Third Step by letting go again and trusting your Higher Power.

*Ask: When have I started to take control back, and how did I notice? What steps can I take to recommit to surrendering?*

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## 4. The God of Our Understanding

### **Does the word "God," or even the concept itself, make me uncomfortable? What is the source of my discomfort?**

**How to think about it:**

- Reflect on whether the concept of God or a Higher Power makes you uncomfortable. Explore the source of that discomfort—whether it's past experiences with religion, fear of the unknown, or feeling unworthy of help.
- Acknowledge these feelings without judgment and consider how they may be blocking your ability to trust and surrender.

*Ask: What fears or experiences make the concept of a Higher Power difficult for me to accept?*

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### **Have I ever believed that God caused horrible things to happen to me or was punishing me? What were those things?**

**How to think about it:**

- Reflect on any past beliefs that God or a Higher Power was punishing you, especially during difficult times in your life. Consider how these beliefs might have shaped your view of spirituality and whether they still affect you today.
- Recognize that these beliefs may need to be reframed as part of your healing process.

*Ask: Have I ever felt punished by a Higher Power, and how has that affected my ability to trust and surrender?*

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### **What is my understanding of a Power greater than myself today? How is my Higher Power working in my life?**

**How to think about it:**

- Reflect on your current understanding of a Higher Power. Consider how this Power has been guiding you, whether through the fellowship, spiritual principles, or personal experiences. Explore how your Higher Power has helped you stay clean or navigate life's challenges.

- Recognize that your understanding of a Higher Power can evolve and deepen over time.  
*Ask: How has my relationship with a Higher Power grown, and how is that Power helping me in recovery?*
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## 5. Turning It Over

### What does "to the care of" mean to me?

#### How to think about it:

- Reflect on what it means to turn your will and life over to the "care" of a Higher Power. Consider the difference between care and control—your Higher Power is not taking over your life, but is providing guidance and support.
  - Acknowledge that surrendering to the care of a Higher Power doesn't mean giving up responsibility, but trusting in a loving force to guide you.  
*Ask: How does trusting my Higher Power to care for me differ from giving up control completely?*
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### How might my life be changed if I make the decision to turn it over to my Higher Power's care?

#### How to think about it:

- Reflect on how your life could change if you fully surrendered and trusted in your Higher Power's care. Consider the relief that might come from letting go of the need to control everything, and the potential for peace, balance, and spiritual growth.
  - Recognize that surrendering can open the door to a new way of living.  
*Ask: What positive changes could happen in my life if I turned everything over to my Higher Power?*
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### How do I allow my Higher Power to work in my life?

#### How to think about it:

- Reflect on how you actively allow your Higher Power to guide you. Do you pray, meditate, or look for signs in daily life? Consider whether you trust that your Higher Power is present, even in the small moments, and how you can open yourself to more guidance.
  - Acknowledge that allowing a Higher Power to work in your life is an ongoing process.  
*Ask: How do I invite my Higher Power to work in my life, and how can I be more open to its guidance?*
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## 6. Spiritual Principles and Action

**What am I doing to reinforce my decision to allow my Higher Power to care for my will and my life?**

How to think about it:

- Reflect on the actions you're taking to reinforce your commitment to surrender, whether that's daily prayer, speaking with your sponsor, attending meetings, or consciously letting go of control in certain areas.
  - Recognize that reinforcing this decision daily helps you stay committed to the process.  
*Ask: What actions am I taking today to keep reinforcing my decision to trust my Higher Power?*
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**What action do I plan to take to follow through on my decision? How does working the remainder of the steps fit into this?**

How to think about it:

- Consider how working the remaining steps will help you follow through on your decision to surrender. Reflect on what actions you can take today to deepen your commitment to this step, whether that's starting Step Four or continuing to practice faith and trust in small areas of life.
  - Acknowledge that surrender is not just a one-time decision—it's a process that involves continuous action and growth.  
*Ask: What actions am I taking to follow through on my decision, and how does working the rest of the steps help reinforce that decision?*
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This is the **Step Three Worksheet** structured to guide individuals through the process of surrendering their will and lives to a Higher Power. It emphasizes the spiritual principles of **trust**, **willingness**, and **faith**, and encourages reflection on areas of life where self-will has dominated and how to let go of control.

Let me know if you'd like to continue with more questions or move on to Step Four!

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**You said:**

continue

**ChatGPT said:**

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Absolutely! Let's continue with the next set of **Step Three** questions, maintaining the structure and approach to guide individuals through their reflection on **surrender, trust, and spiritual principles**. We'll pick up where we left off, diving into **communication with a Higher Power, spiritual growth, and reinforcing commitment** to the decision made in this step.

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## 7. Developing a Relationship with a Higher Power

### How do I communicate with my Higher Power?

How to think about it:

- Reflect on how you reach out to your Higher Power. This could be through prayer, meditation, quiet reflection, or even conversations with others in recovery. Think about whether your communication feels natural and personal to you, or if you're still struggling with it.
- Acknowledge that communication with a Higher Power doesn't have to follow any specific rules—it's about building a connection that feels right for you.

*Ask yourself: What ways of communicating with my Higher Power feel comfortable and meaningful to me?*

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### How does my Higher Power communicate with me? What feelings do I have about my Higher Power?

How to think about it:

- Consider how you perceive your Higher Power's presence in your life. Do you feel guided by intuition, comforted by feelings of peace, or directed by external events or people? Reflect on the emotions you experience when you think about your Higher Power—are you filled with love, fear, gratitude, or uncertainty?
- Recognize that communication from your Higher Power may come in subtle ways, and feelings about your Higher Power may evolve over time.

*Ask: How do I sense my Higher Power communicating with me, and how do I feel about my connection to that Power?*

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### Am I struggling with changing beliefs about the nature of my Higher Power? Describe.

How to think about it:

- Spiritual growth often involves changes in how we understand a Higher Power. Reflect on any struggles you've had with shifting beliefs—whether you're questioning old ideas about God, feeling disconnected, or unsure of what to believe.
- Acknowledge that it's okay for your understanding to change and that part of recovery is finding a belief system that resonates with your personal journey.



*Ask: What beliefs about my Higher Power are changing, and how am I handling those changes?*

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## **Is my current concept of a Higher Power still working? How might it need to change?**

**How to think about it:**

- Reflect on whether your current understanding of a Higher Power is still serving your recovery. Consider whether it offers you the support, strength, and guidance you need, or if it feels incomplete. Explore how your concept of a Higher Power might need to evolve to better fit your current stage of recovery.
  - Recognize that it's okay to adjust your beliefs as you grow spiritually.  
*Ask: Does my current belief system feel supportive, or do I need to rethink my understanding of a Higher Power?*
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## **8. Turning Over Control**

### **What does it mean for me to turn my will and my life over to the care of the God of my understanding?**

**How to think about it:**

- Reflect on the significance of turning your will and life over to a Higher Power. Consider what it means to you personally—whether it involves letting go of control, trusting in divine guidance, or simply relying on the fellowship or spiritual principles for support.
  - Acknowledge that this act of turning over is a daily decision, not a one-time event, and explore how you can practice it more consistently.  
*Ask: What does surrendering control to a Higher Power look like for me, and how can I make it a regular practice?*
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### **How might my life be changed if I make the decision to turn it over to my Higher Power's care?**

**How to think about it:**

- Reflect on how surrendering fully to a Higher Power might positively affect your life. Think about the areas where you're still struggling with control and imagine how those areas could improve if you let go and trusted your Higher Power.
- Acknowledge that surrendering can bring relief, balance, and peace.  
*Ask: How could my life improve if I fully trusted my Higher Power to guide me through recovery?*

## How do I allow my Higher Power to work in my life?

### How to think about it:

- Consider how you invite your Higher Power into your life on a daily basis. Reflect on whether you're actively seeking guidance, paying attention to signs, or following through on intuitive feelings.
  - Recognize that allowing your Higher Power to work requires both openness and patience.  
*Ask: How do I create space for my Higher Power to work in my life, and what can I do to deepen that relationship?*
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## How does my Higher Power care for my will and my life?

### How to think about it:

- Reflect on the ways your Higher Power is providing care for you—whether through emotional support, guidance, the recovery fellowship, or spiritual principles. Consider how this care manifests in your daily life and how it helps you make decisions and handle challenges.
  - Acknowledge that trusting your Higher Power's care can bring peace and ease the burden of trying to control everything.  
*Ask: What are the ways my Higher Power shows care for my life and my will, and how can I trust that care more fully?*
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## Have there been times when I have been unable to let go and trust God to care for the outcome of a particular situation? Describe.

### How to think about it:

- Reflect on specific situations where you struggled to let go of control and trust your Higher Power to handle the outcome. Consider what made it difficult to surrender—whether it was fear, uncertainty, or a desire to control the results.
  - Acknowledge that it's okay to struggle with letting go, but explore how you can gradually build more trust in those moments.  
*Ask: What situations have I had trouble surrendering to my Higher Power, and what made it hard to let go?*
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## Have there been times when I have been able to let go and trust God for the outcome? Describe.

### How to think about it:

- Reflect on moments when you successfully let go and trusted your Higher Power to guide the outcome. Consider how it felt to surrender and whether the results brought you peace, clarity, or a sense of relief.
- Acknowledge the positive effects of letting go, and use these experiences to reinforce your commitment to surrender in the future.

*Ask: What situations have I fully surrendered, and how did it feel to trust my Higher Power with the outcome?*

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## 9. Spiritual Principles in Action

### What am I doing to reinforce my decision to allow my Higher Power to care for my will and my life?

#### How to think about it:

- Reflect on the daily practices you use to reinforce your decision to surrender to your Higher Power. This could include prayer, meditation, attending meetings, or practicing spiritual principles like honesty, humility, and trust.
- Recognize that reinforcing your decision to surrender takes conscious effort and is key to staying committed.

*Ask: What daily actions or practices am I using to reinforce my trust in my Higher Power?*

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### How does the Third Step allow me to build on the surrender I've developed in Steps One and Two?

#### How to think about it:

- Consider how the surrender you practiced in Steps One and Two is helping you with Step Three. Reflect on how accepting powerlessness (Step One) and believing in a Higher Power (Step Two) laid the foundation for the deeper surrender of Step Three.
- Acknowledge that each step builds on the last, making it easier to trust and let go.

*Ask: How has the surrender I developed in earlier steps prepared me to fully commit to the Third Step?*

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### In what ways have I demonstrated willingness in my recovery so far?

#### How to think about it:

- Reflect on the ways you've shown willingness in your recovery, whether it's through attending meetings, being open to guidance, working with a sponsor, or trying new ways of thinking. Consider how willingness has helped you move forward in your journey.

- Acknowledge that willingness is an essential part of growth and progress in recovery.  
*Ask: How have I demonstrated willingness to change, and how has that helped me in my recovery?*
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## **Am I fighting anything in my recovery? What do I think would happen if I became willing to let recovery prevail in that area of my life?**

### **How to think about it:**

- Reflect on any areas of your life where you're resisting change or fighting against the recovery process. Consider how letting go of that resistance and embracing recovery might improve those areas—whether it's relationships, emotions, or personal goals.
  - Acknowledge that willingness to change can open the door to healing and growth.  
*Ask: What am I still fighting in my recovery, and how might letting go of resistance help me heal?*
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## **10. Moving On to Step Four**

### **What action can I take that will help me along in the process of coming to believe?**

#### **How to think about it:**

- Reflect on the next actions you can take to deepen your belief in a Higher Power and the recovery process. This might include working with a sponsor, praying, journaling, or continuing to attend meetings. Consider how these actions will strengthen your connection to your Higher Power and reinforce your commitment to recovery.
  - Acknowledge that belief grows through consistent action and reflection.  
*Ask: What next steps can I take to deepen my belief in a Higher Power and my commitment to recovery?*
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### **What is my understanding of Step Three?**

#### **How to think about it:**

- Reflect on your personal understanding of Step Three and what it means to turn your will and life over to a Higher Power. Consider how this step has challenged you, where you've found growth, and how you're applying the principles of surrender, trust, and willingness in your life.
- Acknowledge that your understanding of Step Three will continue to evolve as you move forward in your recovery.  
*Ask: What does Step Three mean to me, and how am I applying its principles to my life today?*

## What action do I plan to take to follow through on my decision? How does working the remainder of the steps fit into this?

### How to think about it:

- Reflect on the next steps you plan to take after completing Step Three. This might include beginning your moral inventory (Step Four) or continuing to practice the spiritual principles of trust and surrender in daily life. Consider how working the remaining steps will help you follow through on your decision to surrender to a Higher Power.
  - Acknowledge that moving forward in recovery requires continued action and commitment to the steps.  
*Ask: What actions will I take next, and how do the rest of the steps help me follow through on my decision to surrender?*
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## Do I have any reservations about my decision to turn my will and my life over to God's care?

### How to think about it:

- Reflect on whether you still have any lingering doubts, fears, or reservations about fully turning your will and life over to your Higher Power. Consider what's holding you back and explore what steps you can take to work through those reservations.
  - Acknowledge that it's okay to have reservations, but also recognize the importance of addressing them for continued progress.  
*Ask: What fears or doubts do I still have about surrendering fully, and how can I work through them?*
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## Do I feel that I am now ready to turn it over?

### How to think about it:

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- After reflecting on your journey through Step Three, ask yourself whether you're ready to fully surrender your will and life to a Higher Power. Consider how far you've come in your recovery and whether you feel confident in taking this next step.
  - Acknowledge that readiness comes with practice, patience, and faith in the process.  
*Ask: Am I ready to fully commit to turning over my will and life, and what makes me feel prepared?*
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This concludes the **Step Three Worksheet**, providing a full reflection on **surrender**, **self-will**, **trust**, and **spiritual growth**. The questions guide individuals through the process of understanding and

committing to turning over their will and lives to the care of a Higher Power, as well as preparing them to move forward into **Step Four**.



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