

Step 3 Made a decision to turn our wills and our lives over to the care of god as we understood god

Step 3 is where we start getting freedom from the addiction. The freedom is not the surviving through “white knuckling” but a freedom from the attacks. Step 3 can not occur until after one is working step 2.

3A Made a decision

Step three starts with something which occurs in the quiet, alone time. This decision is not like prior decisions we have made to not act out.

Before I got into recovery, what were some of the ways that I made the decision to not act out? What were the results of those decisions?

Often, we made such decisions in the tail end of our insanity - during the remorse of having acted out. Yet, we never addressed the start of the insanity in our prior decisions. The start of the insanity occurs far earlier than the acting out. What parts of my life would need to be addressed for a decision to affect the start of the insanity?

How can I get direction for addressing those parts of my life?

This step seems to indicate that I need to have a commitment to change other parts of my life and to have not acting out be the top priority. When I look at my actions, what have been higher priorities in my life?

What would I need to change to make not acting out the top priority in my life? What it is going to cost me?

While working Step Two, what techniques and changes have I found that work to keep me from acting out? What is keeping me from continuing to do those?

This “decision” in Step Three is not a “one time decision”, but a day by day commitment that each day I will keep making the decisions to not act out. What will I need to do in order to make that decision stick? What support will I need and how will I get that support?