

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

3B Turn our wills and our lives over

There are several parts to this phrase. The first part involves how we accept other people telling us what to do. As addicts, we do not like other people telling us what to do.

Have I gotten a sponsor yet? What is keeping me from asking someone to be a temporary sponsor?

What are the suggestions that my sponsor has for me?

Am I able to follow those suggestions? What is my experience with these suggestions?

What fears do I have about submitting to anyone and what do I expect will happen if I submit?

What suggestions has my sponsor (or other people in the program) made and which I did not like, thought that I could do better than, or otherwise did not follow?

What were the results of following my own will? One phrase used in recovery is "My best thinking got me here." How does that phrase fit in your life?

Another way of looking at it is to look at what we say "yes" and "no" to. By saying "yes" to healthier ways of handling needs, stresses, and wants, we drain the addiction of its power. What kinds of things is my higher power asking me to say "yes" to?