

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

3C Turn our wills and our lives over

There are two parts to this phrase. The first part involves how we accept other people telling us what to do.

The other part of this phrase addresses our expectations and the results of recovery. When we come into this program, we have expectations of what we will get out of this program. Yet, often, our expectations are not met. What expectations did I have of how things would be in the program that have not been met?

How have I been disappointed by meetings or by other people in the program?

What is my experience of submitting to the process even when resenting it and what was the effect on my sobriety?

Recovery has consequences - ones that are different from those of acting out. Yet, many people are not willing to accept the consequences of recovery. Some people find that their jobs are part of the problem and face changing jobs or leaving recovery. Others, when they get honest, have results such as losing a relationship. Still others find that they have to let go of other people's behaviors. How am I letting go of and accepting the consequences of doing the next right thing?

What is my experience in learning to perceive and appreciate a higher power's methods and timing of my healing in this program?

Another way of looking at it is to look at what we say "yes" and "no" to.

We start to have the space to have different lives by what we say "no" to. We say "no" to many parts of our lives that pushed us towards the addiction. What is my higher power telling me to say "no" to?