

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

3D Over to the care

Most of us have issues with turning ourselves over to anyone. Some of us have histories of abuse and neglect. How much fear do I have about letting other people have authority over me? What things could happen to me if I submit to someone else?

Often, our fantasies are about being in charge. How much of my fantasies are about "making the perfect circumstances" and having the outcome be just right? Discuss how these fantasies might be about being in control of the situation.

This step doesn't use the word "control". Instead, it uses "over to the care". Given my background, how might that difference be a source of help in my recovery? Can I let go of needing to be in control all the time?

If I look at the above issues as part of my insanity, how might working step 2 (came to believe that a power greater than myself can restore me to sanity) work in my life? Some people talk about learning to trust that a power greater than myself can protect me in all situations no matter what anyone else does as I follow the directing by that power. How could that type of trust work in my life?

We live in a world which will devour us. What would it be like to have someone care for us? How does "being cared for" contrast with my expectation that I need to be perfect to be accepted? How am I experiencing a new type of parenting through this recovery process?

Some people want to wait till they understand god or god's will before acting. How have I been learning to "do the next right thing" even when I do not understand what I am being asked to do?

What types of things am I learning in this program on how to take care of myself? What boundaries am I learning in order to protect my sobriety?