

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

3G - Motivations

One of the indications that we are working step 3 is when we find that our motivations for coming to the program are changing.

Why did I start coming to the program?

What did I hope to get out of the program?

Is that still my main motivation?

What other benefits do I see from coming to this program?

For some people, the original motivations are not only superceded but sometimes turned around. For example, some people originally come to save their marriages, but later decide to let the marriage fail so that they can get the other benefits of the program. Am I at the point where I am letting those original motivations fade away or to drop the original things I wanted to save?

What am I learning about the character of my higher power by this change inside myself? What am I learning about how recovery works by this change?