

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

3I Self Esteem

A popular therapy subject is “self esteem”. People come into group saying that their problem is a lack of self esteem. However, “self esteem” is not the goal of twelve step recovery because “self esteem” is a secondary or tertiary symptom of the underlying spiritual problem. Clearing up the spiritual problem clears up issues with “self esteem”.

The roots of healthy self esteem are connections, actions, and affirmations; connections with self, with a higher power, and with healthier people, doing the right actions, and receiving the affirmations that we have indeed done what is right. One part of doing the right thing is admitting to when we do the wrong thing.

Starting with the problem: What has been my self esteem?

What are my family messages about me?

How am I connecting with myself and with a higher power?

How am I starting to share my life with healthier people? How am I connecting with people in the group?

What am I doing to get guidance on what the next right thing is?

One aspect of the program is receiving grace and mercy even when doing the wrong thing. How has my experience in the program helping me to do the right thing? What support am I receiving when I share my progress or lack thereof?

What is my experience in the program of realizing the love & care of a higher power?

What commitments do I need to make to continue to receive these results?