

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

3L Others

In Step Three, we make a decision to turn our will and our lives over to the care of god as we understood god. This decision often affects other people. Thus, we need to look at the impact of others on our lives and how this decision will be resisted by others.

In our addiction, we often had a series of decisions that led us to the point where all we knew what to do was to act out. Give an example of the chain of decisions that led to an acting out.

In many cases, there are a whole series of choices that lead us into unhealthy behavior. We saw our parents make similar unhealthy choices to support their addictions. Schools, jobs, bosses, and friends encouraged us to make unhealthy choices. What examples of such teaching do I remember?

In order to stop the addiction, we often need to make not just one decision (to turn my will and life over), but a series of decisions repeatedly looking at how these decisions will lead either to acting out or a healthier life. We may need to change who we are interacting with, socializing with, or have relationships with. How has my addiction caused me to spend time with other addicts? What impact will recovery have on my interactions with others?

When we come into recovery, often we have already structured our lives and relationships to support the addiction and not to support recovery. Many people find that their social network (spouses, family, friends, and work) will tolerate recovery actions for a little while and then, start to resist or even actively undermine the changes that we need for recovery. Spouses will purchase acting out material for us, schedule conflicts with meetings, etc. Bosses will send us on trips to acting out places. Friends will invite us to parties at former acting out places.

In order to recover, we need to face this resistance and sometimes, daily renew our commitment to recovery. We may need to change friends, jobs, and social circles. Some people have walked away from a marriage which was unhealthy.

Where am I on these challenges and my commitment to recovery?